



Security cam footage of "the competition" taking the SUPERSTRUCTURE™ from the Hyundai display at the Auto Show. Follow the clues at www.HyundaiSuperSearch.com for the chance to win a \$20,000 reward.

SUPER HEIST!

The SUPERSTRUCTURE™, the advanced frame found in the all-new 2017 Hyundai Elantra, was on display at the Canadian International AutoShow and went missing on Saturday, February 13th, sometime between 1:30am and 2am.

The discovery was made by Hyundai Auto Canada Corp. President and CEO, Don Romano. "I was doing

my usual walk around the Hyundai booth to start the day off and I was shocked to see our revolutionary SUPERSTRUCTURE™ was just... gone," he said.

Shortly after the discovery, Hyundai Canada received a ransom video (pictured below) featuring three representatives from the company's competition. In the video,

which Hyundai officials posted online at www.HyundaiSuperSearch.com, "the competition" claims responsibility, brags about their heist, and announces plans to reverse engineer the SUPERSTRUCTURE™ and the Advanced High Strength Steel with which it's made.

When it was confirmed the SUPERSTRUCTURE™ had in fact been taken by the competition, Hyundai Canada Marketing Director, Lawrence Hamilton, and his team, immediately began asking for people to help find it by registering to become part of the search team at www.HyundaiSuperSearch.com.

For taking part in the search, Canadian residents will have the chance to be rewarded with a \$20,000 grand prize or 1 of 4 weekly rewards of \$2,500. As more clues are discovered, Hyundai

gation," said Hamilton as he was putting up posters at the Auto Show. "Simply put, our competition has stolen our SUPERSTRUCTURE™ and we need everyone's help. All you have to do is

fort, precise handling, and enhanced safety.

"If we can get Canadian residents to help us search for our SUPERSTRUCTURE™, I have no doubt it will be recovered before our competition can learn our secrets," concluded Romano.

For more on this story, refer to the back of the paper...



Canada will release details on the website as well as on its Facebook, Twitter and Instagram pages. follow the clues and help us find it for a chance to win."

Thanks to the SUPERSTRUCTURE™, the all-new 2017 Elantra is threatening to set a new benchmark for ride com-



A screen capture taken from the ransom video received by Hyundai Canada President and CEO, with three representatives from the company's competition claiming responsibility for the heist.



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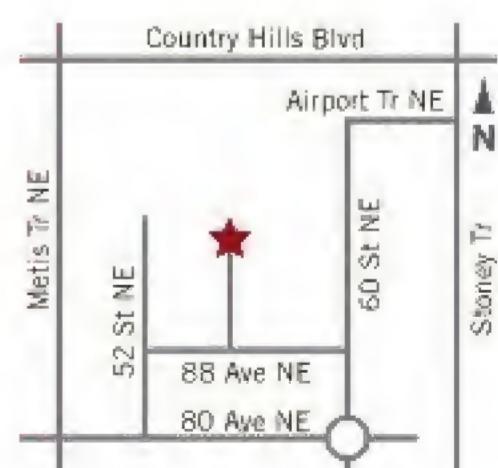
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City's classroom sizes are soaring

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Teachers of every grade level facing more students and heavier workloads



Aaron Chatha
Metro | Calgary

to be perfectly honest — and this goes back to the PCs of course — has not fulfilled its commitment to fund education like they said they would," said Local 38 president Frank Bruseker.

Bruseker said larger class sizes make a difference in terms of student instruction and impact teacher workload.

The average is higher than the recommendation across the board.

The recommended class size for Grades 4 to 6 is 23, but the survey average is 26.10. In Grades 7 to 9 the recommendation is 25, but the average is 28.13. Finally, in Grades 10 to 12, the recommendation is 27, but the average is 29.44.

"Our government is committed to stable funding for education no matter the difficult economic circumstances we face," read a statement from Education Minister David Eggen, who pointed out the NDP government restored funding and hired nearly 400 additional teachers and assistants.

The 2015 budget also allocated \$277 million for the Small Class Size Initiative.

Calgary's classrooms are bursting at the seams.

The results of an ATA teachers' union survey reveals that at every grade, classrooms average above the recommended amount of students, especially at the K to 3 level.

The survey was conducted by the ATA Local 38, which represents teachers in the Calgary Board of Education.

According to the Alberta Commission on Learning recommendations, the average class size for a K to 3 classroom should be 17 students. The survey reveals the average to be 22.82 students.

"The provincial government,



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Spike in collisions led to speed rule: AHS

AMBULANCES

Deaths and injuries also taken into consideration

Jeremy Simes
For Metro | Calgary

A jump in ambulance collisions, dings and scratches over the years were part of Alberta Health Services' (AHS) decision to enforce tighter speed limits for EMS workers.

The rule, which took effect on Friday, says paramedics can only drive a maximum of 15 km/h over the posted speed limit when operating emergency vehicles with lights and sirens activated.

Prior to the change, ambulance operators could drive at a speed of 25 per cent over the posted limit, while operating with lights and sirens.

The change means ambulances can only travel at a maximum of 115 km/h on Deerfoot Trail when they could normally travel at a

max of 125 km/h, when it's safe to do so.

In 2014, there were 583 EMS-related collisions, up 47.6 per cent from 395 collisions in 2011.

Collisions range from ambulance crashes to minor dents and scratches, AHS said, adding speed is one of several risk factors.

In 2015, related collisions dipped to 464, though it was a very mild winter and more EMS staff were trained on a provincial driver training program, according to AHS.

"As caretakers of patient and staff safety, it is our job to minimize risk where possible," AHS said in a statement.

"Given the increasing trend in vehicle incidents, AHS EMS chose to be proactive and find an opportunity to improve now, rather than wait to react to something even more serious in the future."

But it's not just an increase in collisions that's part of the AHS's decision to change the rule.

In 2015, there were seven injuries associated with the 464 collisions. So far this year, there's been one injury and

45 collisions.

And since AHS began providing EMS service in 2009, there have been two fatalities involving ambulance collisions, AHS said.

In 2010, an EMS worker died after an ambulance collided near the northern community of McLennan.

In 2015, an EMS supervisor vehicle was involved in a head-on collision with another vehicle. The driver of the non-EMS vehicle died as a result.

AHS said it started collecting injury data in 2015 as part of an enhanced EMS fleet safety program.

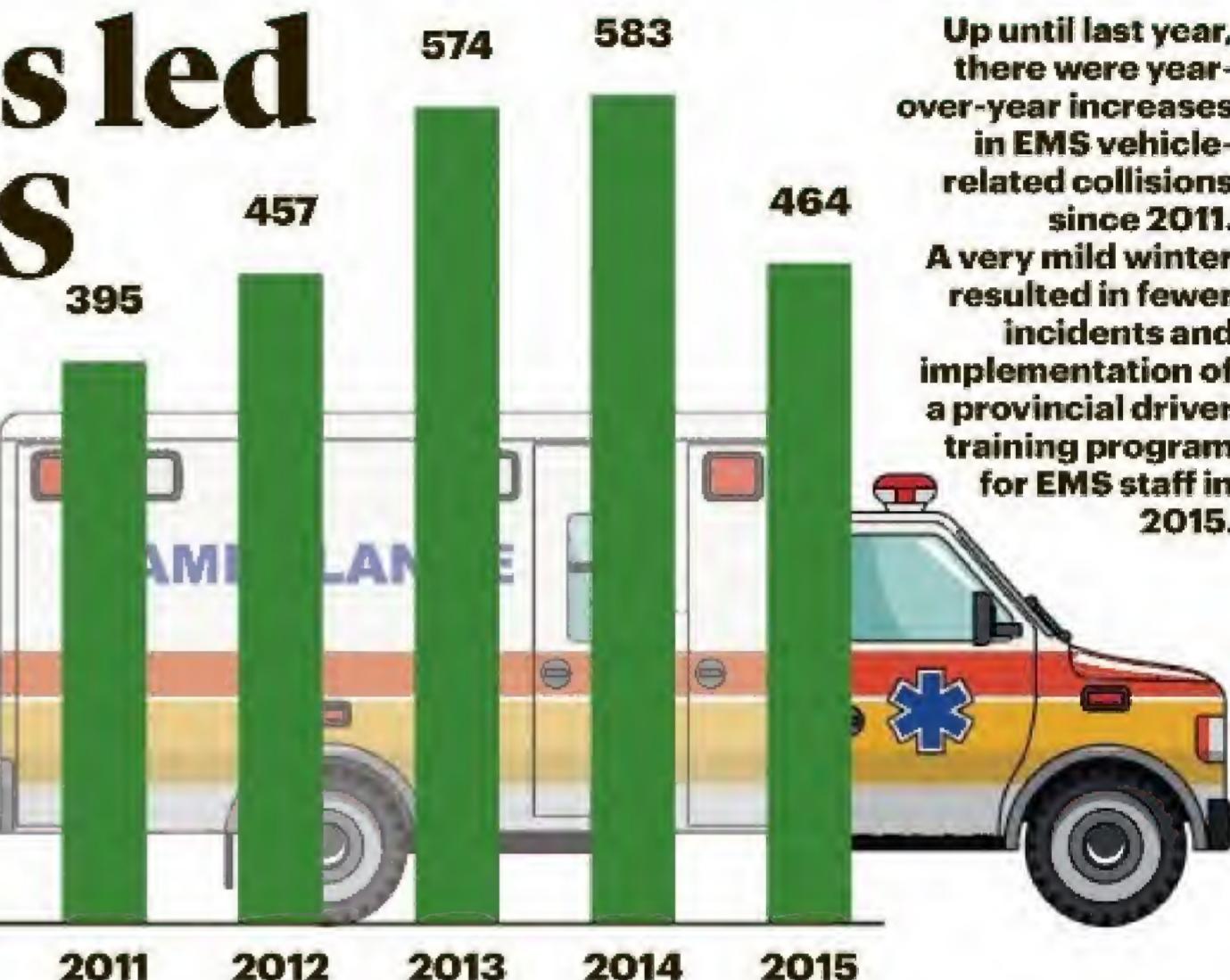
Last week, a paramedic slammed the new driving rule, saying it'd affect patient response times.

Marc Moebis, executive director of the Alberta Paramedic Association, said he isn't aware of studies that show slower speeds mean for more patient mortalities.

"We can save a lot of time by people stopping and moving to the right appropriately — there's still a lot of people who don't know what to do," he said.

"The procedures we can do are far advanced and most life-saving and stabilization procedures and treatments can be done in the ambulance or the patient's home, preventing that need for excessively high speeds."

Given the increasing trend in vehicle incidents, AHS EMS chose to be proactive ... rather than wait to react to something even more serious in the future. AHS statement



OTHER EMERGENCY SERVICES

No speed limit for Calgary police vehicles and firetrucks

Unlike ambulances, both firetrucks and police vehicles don't have rules that dictate how fast they can go in Calgary.

The rule, which took effect on Friday, says paramedics can only drive a maximum of 15 km/h over the posted speed limit when operating emergency vehicles with lights and sirens activated.

Prior to the change, ambulance operators could drive at a speed of 25 per cent over the

posted limit, while operating with lights and sirens.

The Calgary Police Service and the Edmonton Police Service don't have a specific number for what speeds police vehicles can drive at, but officers are expected to drive to an emergency event at a speed that is safe and reasonable.

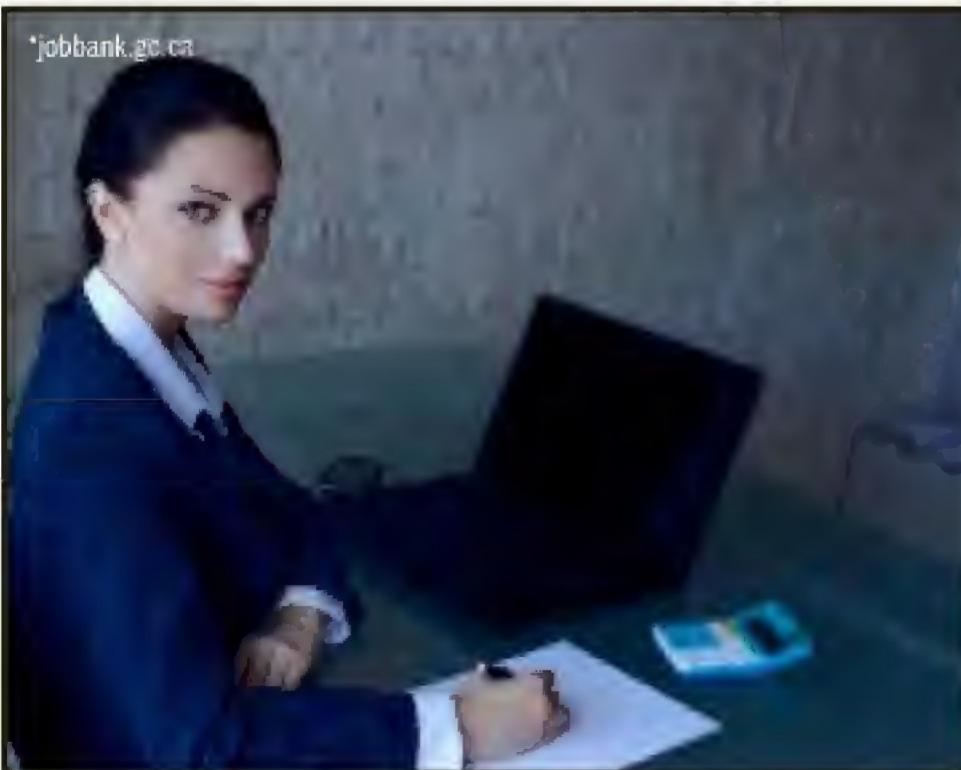
Unlike Calgary, Edmonton officers mustn't exceed the limit by more than 50 km/h.

As for the Calgary Fire De-

partment, crews can go as fast as they deem necessary, as long as it's safe.

"Safety is the No. 1 factor our drivers take into consideration," said Calgary Fire Department spokeswoman Carol Henke.

"I don't think that they need to be looking down at the speedometer to know whether they're being safe or not — they know intuitively and through experience."



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Do fluoride fears hold water?

Critics have revived the great dental debate over a University of Calgary study that found tooth decay in children has increased since the chemical was removed from the city's drinking water

VANCOUVER
Not fluoridated

In 1960, the city held a plebiscite regarding the issue. Fifty-four per cent of the electorate voted in favour of fluoridation, but it wasn't enough — the vote needed a 60 per cent majority for implementation. The issue hasn't popped up since then.

EDMONTON
Fluoridated

Like Calgary, the city held a number of plebiscites to debate the issue. In 1957, 1969, 1961 and 1964, the electorate voted no; the two-thirds majority requirement wasn't met. In 1966, the city voted in favour of fluoridation, and the practice has remained.

WINNIPEG
Fluoridated

In 1956, the city began fluoridating its water. It's considered one of the first cities to implement the practice. Resistance has been mild.

OTTAWA
Fluoridated

Ottawa began fluoridating its water in 1965. Anti-fluoridation groups have popped up from time-to-time, but the city has maintained its stance.

HALIFAX
Fluoridated

The city began fluoridating drinking water in 1956. Campaigns have popped up opposing it, but the additive has stayed.

CALGARY
Not fluoridated

The city has a history of heated debates over the issue. It's been through six plebiscites. In 1957, 1961, 1966 and 1971, the electorate voted no. Those votes needed two thirds of the electorate in favour, except for the 1971 vote in which the two third majority changed to 50 per cent. In 1989, the vote passed with 53 per cent in favour. Fluoridation was implemented in 1991 and another vote in 1998 passed with 55 per cent in favour. Council voted to stop fluoridation in 2011. No plebiscite was held.

TORONTO
Fluoridated

The city began to fluoridate its water in 1963, with 51.7 per cent of the electorate in favour. In fact, council approved fluoride in 1955, but that made for an eight-year debate that eventually involved the Supreme Court of Canada. The Ontario government appointed a Royal Commission to investigate the issue and found fluoridation doesn't deny fundamental or basic civil rights.

Denise Kokaram isn't afraid of fluoride.

Kokaram — program lead for the Alex Dental Health Bus — said that even though the organization is helping more children with dental problems every year, she knows the vast majority of kids aren't getting proper dental care.

Part of the solution, she said, is fluoridated water.

The fluoride debate has resurfaced recently, after a University of Calgary study found the rate of tooth decay in children has increased ever since the city removed the additive from its drinking water.

In February 2011, council voted 10-3 to pull fluoride from taps. But in July 2012,

the city injected one-time funding of \$750,000 — or what it would normally spend on water fluoridation — into local dental-care programs for underprivileged kids.

The Alex Community Health Centre and CUPS received \$585,000 and \$165,000, respectively.

The Alex put that money into an endowment fund, where accumulated interest pays for its dental bus.

Kokaram said she's heard the same arguments against the additive over and over again.

Arguments include bad par-

enting, lack of education and that only a small fraction of the population benefit from fluoridated water, she said.

But poverty works differently, Kokaram added.

In fact, the Alex is serving families who fall under the working-disadvantaged class — those who don't qualify for government benefits but can't afford health insurance.

"When it comes to \$1,000 — the cost of treatment many of these kids need — families

can't pay that; they have to put food on the table and pay bills," she said.

The move to pull fluoride from the city's taps was spearheaded by Coun. Druh Farrell.

Along with costs, arguments for its removal included "mass dosing" of the population and how fluoridation should be paid for by the provincial government.

In 2011, councillors said they were disappointed Alberta Health Services (AHS) didn't step up to provide solutions for low-income families that largely depend on fluoridation.

Farrell remains firm on that position, as do other councillors.

"The city is clearly not in the role of health care," Farrell said.

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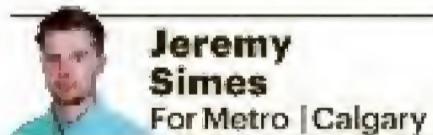


Two avalanches in two days caught snowmobilers near the town of Golden, B.C. One Calgary man was killed in the avalanche that happened Saturday. THE CANADIAN PRESS FILE

Avalanche sends 7 to hospital

GOLDEN, B.C.

One person flown to the Foothills Medical Centre

 Jeremy Simes
For Metro | Calgary

Seven people have been rushed to hospital after they were caught in an avalanche near Golden, B.C. late Sunday morning.

It's the second slide in the area in two days. On Saturday an avalanche caught a group of local snowmobilers, killing one Calgary man in his 30s. Injuries regarding Sunday's slide are not yet known.

According to BC Emergency Health Services (BCEHS), six ambulances and two STARS air ambulances — as well as search and rescue teams — were sent to the Beaver area fol-

lowing reports of an avalanche.

First responders said seven people were involved in the slide.

The Beaver area is about 30 kilometres northwest of Golden.

BCEHS couldn't say where the snowmobilers were from.

The individuals were rushed to hospital, and one person was flown to the Foothills Medical Centre in serious condition with traumatic wounds, according to STARS.

Louis Hogue Dicaire, an avid snowmobiler who lives in Golden, said conditions have been unstable.

"With warm weather during the day and cold nights, it makes for bad snow conditions and it's very unstable," he said.

"When it's dangerous like that, we ride in the trees below the alpine."

Louis Hogue Dicaire

He said the Canadian Avalanche Centre does its best to warn people of poor conditions.

"Every rider should be aware and have proper training and experience," he said.



Every rider should be aware and have proper training and experience.

Louis Hogue Dicaire

TRANSPORTATION

Councillors confident in ridesharing bylaw



Brodie Thomas
Metro | Calgary

Calgary City Council could pave the way for Uber on Monday.

The question is: Will Uber be ready to drive on the road they lay out for them?

The ridesharing service began operating in October and was then shut down in November by a court injunction the city sought out.

According to a Livery Transport Services spokesperson, the City of Calgary has met with Uber monthly since 2014 on how the rideshare company could operate in Calgary.

City administration has since drawn up regulations that place requirements on Uber or any other ridesharing service, such as vehicle inspections and police background checks on all drivers.

Coun. Andre Chabot feels the city's regulations — which

will be voted on by council on Monday — are completely reasonable.

"We're trying to protect the public's interest, and the rules we're asking them to adhere to are less onerous than what the taxi industry has to comply with," said Chabot.

However, in a statement released Friday, Uber's Alberta general manager Ramit Kar said the company could not operate within the new restrictions.

"While we remain committed to work in good faith with the City of Calgary, despite our best efforts, City Council will consider a bylaw this Monday that would not allow Uber to resume operations," he said.

Like Chabot, Coun. Shane Keating is satisfied with the rules and not worried about Uber's stance.

"If Uber doesn't come to Calgary, I'm sure another company will," he said.

— WITH FILES FROM HELEN PIKE

Hate graffiti strikes again

WILMA HANSEN SCHOOL

Messages create 'unsafe' space for all children, refugees: Expert



**Aaron
Chatha**
Metro | Calgary

The anti-Syrian graffiti sprayed over the walls of a southeast junior high school over the weekend could have a negative effect on kids — refugee and non-refugee students alike.

"Schools and educational institutions should be safe places, particularly for kids," said Pallavi Banerjee, sociology professor at the University of Calgary. "I do feel this makes it an unsafe space, for refugee kids and other kids generally."

A Calgary Board of Education spokesperson said some time on Friday night the Wilma Hansen Junior High School in Queensland was tagged with graffiti on the outside walls. In black spray paint, messages included, "Kill all Syrians," and "Burn



White paint masks the anti-Syrian resettlement messages until it can be cleaned off the school.
AARON CHATHA/METRO

all mosques." Some messages threatened the life of Prime Minister Trudeau. By Sunday the messages were covered by white paint until they could be cleaned off.

Banerjee said non-refugee students who saw or heard about the hate messages might not

interpret them as a form of bullying or hate — unless properly educated about them. It could also make the parents of a refugee student feel unwelcome by Canadians, and scared to reach out to the community in the future.

The windows of the school

were also smashed, and the incident is still under investigation by police.

The school was also tagged by two similar messages a week earlier, both also written in black spray paint. One called Trudeau a traitor and the other was an anti-Syrian message.

It's sad that some people have to react to the whole issue of refugees this way.

Yaser Ghannam

In December, the walls of the Tuscany CTrain station were tagged with anti-Syrian messages as well. Two men were charged in connection to that incident.

"It's sad, I have to admit," said Yaser Ghannam, spokesperson with the Canadian Syrian Association. "It's sad that some people have to react to the whole issue of refugees this way. At the same time, we don't want to blow it out of proportion."

Ghannam said he has found the majority of Canadians are very welcoming and supportive of Syrian refugees, and believes these to be isolated incidents that do not represent the city.

"You just need to go to the warehouse where they collect donations to see the amazing collaboration between people — different races, religions, young and old, everyone," he explained.

Ghannam said now that Syrian

refugee students are beginning to enrol in the school system, it will help educate students about the situation, and let them connect at a human level.

"As soon as they are enrolled in the education system, within the schools you try to educate people as their colleagues — look at them, they're human, just like you," he said.

Last week, a CBE spokesperson confirmed that the Wilma Hansen school does not offer any LEAD classes, which are offered at some CBE schools to help new Canadian students, including refugees, with English language development and numeracy.

"We are very disappointed any time something like this happens at a CBE school or building, and are disappointed that this school building has experienced a repeated offense of vandalism," read a CBE statement.

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Rob Schrage wants to create a product that lets people feel more connected to community developments. AARON CHATHA/METRO

WASTE MANAGEMENT

Sorry ... City can't recycle polystyrene

Brodie Thomas
Metro | Calgary

So you've seen the familiar recycling symbol on the bottom of that polystyrene tray from the grocery store.

Perhaps you've even diligently washed it and put in your blue bin, before heading to bed and dreaming guilt-free dreams of mountain streams and virgin forests.

We're sorry to tell you, but here in Calgary, you can't actually recycle polystyrene (often called Styrofoam, but that's actually a trade name).

The city's otherwise robust recycling system doesn't deal with the stuff.

Sharon Howland, leader of program management with waste and recycling at the city of Calgary, said the problem is the city's Material Recovery Facility (MRF).

She said the facility uses equipment to sort light items from heavy, and polystyrene causes problems for the system.

"The sorting equipment is reliant on both optical eyes

and air sensors. So they use air to blow paper up, or to blow plastic bags up, and none of that technology... is capable of separating out that polystyrene," she said.

If you're a true eco-warrior, you could always bag up your polystyrene and make a trip to the Town of Cochrane.

Julie Haskell, communications advisor for Cochrane, said residents can drop their polystyrene off at the town's Eco Centre. That facility has the equipment to melt polystyrene down so it can be shipped to market for reprocessing.

Cochrane residents can't put polystyrene in the blue bins. They have to bring it in separately.

Howland said the city has looked at having drop off points, but they don't have any drop off facilities, and bottle depots are private.

She said there are some businesses in Calgary that provide polystyrene recycling for other businesses.

The best option for anyone concerned, Howland added, is to use reusable cups and trays whenever possible.

IN BRIEF

Teen dies of injuries

A 19-year-old woman died in a Calgary-area hospital on Sunday, and the RCMP have charged a 26-year-old man from Brooks with aggravated assault.

RCMP and emergency services responded to a complaint of a young adult female with several injuries at a home in Brooks on Friday, at 3:55 a.m. Tanya Campbell-Losier was transported to a hospital in Calgary and died as a result of her injuries.

Brooks RCMP arrested and charged Jessie Dyck, who remains in custody and will appear in court on Feb. 22. METRO

The RCMP are not seeking other suspects. METRO

Hit-and-run driver at large

A woman was hit by a truck Sunday morning in the city's northeast.

Around 10 a.m., Calgary police and EMS responded to a hit-and-run call on McKnight Boulevard and Stoney Trail NE. Police said the dark-coloured pickup fled the scene. EMS said the woman who was hit had no injuries.

Anyone with information on the vehicle that fled the scene is asked to call Crime Stoppers at 1-800-222-8477. METRO

Hackathon's a challenge

OPEN DATA

Three days to create software to solve issue

Aaron Chatha
Metro | Calgary

In preparing for the City of Calgary's annual Hackathon — where developers have only

three days to create a software solution around this year's theme of connectivity — software developer Rob Schrage feels very calm and prepared.

"I don't expect it to be a gruelling experience," Schrage laughed, saying plenty of sleep and nutrients will help him create a software tool from scratch before the end of the deadline.

The Hackathon challenges developers to create an app or website using open data from

the city. Schrage said he's already played around with the data to create YYC Open, an interactive map of Calgary communities which let you see age spread, home types, amenities and more. It's data that's already available through the city, but he's curated it into one spot.

For the Hackathon, Schrage and his teammate want to find a way to connect people within communities to decisions made by city council.

Schrage said, like YYC Open, information about city projects is available through the city already, but his app will bring that data directly to the user, with updates and decisions that pertain to their neighbourhood. His aim is to have a working prototype by the end of the Hackathon — and win the first-place cash prize of \$5,000.

The Hackathon takes place in the Calgary municipal building from March 4 to 6.

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Transit underserves new 'hoods

TRANSPORTATION

Bus service is the one service you can't get in developments

Helen Pike
Metro | Calgary

There's certain things you can expect when you move into a home in one of Calgary's newest development areas — everyday stuff like heat, running water and a road leading to your driveway. But according to Calgary Transit, you may not see a bus route within a kilometre of your doorstep for some time.

Neil McKendrick, manager of operational planning with Calgary Transit, said in some cases it may take Transit a few years to catch up with the city's growth. And areas like Legacy, City Escape and Nolan Hills — to name a few — are waiting to get basic transit service that isn't within Calgary Transit's current budget.

"One of our challenges that



Getting bus service to Calgary's newest communities may not be in the budget for years, according to Transit officials. METRO FILE

we're having ... is that there are a number of new communities in Calgary that have a fair number of homes in them — so we're talking about more than 500 homes, which is a pretty significant number — where they have no transit service," McKendrick said.

"In some of these places

“People are walking a long way, couple of kilometres, to get on a bus.”

Neil McKendrick

people are walking a long way, couple of kilometres, to get on a bus, so that's certainly not the intention of Calgary Transit or the city's intentions in terms of what it had in its Route Ahead plan."

McKendrick explains the city was hoping to provide a "base transit service" which would

operate every 30 minutes or better, 15 hours a day, seven days a week — which right now is only provided to 60 per cent of homes in Calgary.

"What our immediate challenge is is that we have some new communities ... that don't have any service whatsoever. In our current budget we may

not get to all of those before 2018, so our real dilemma is what do we do about that," said McKendrick.

Ward 14 Coun. Peter Demong said when he began as a councillor he pushed the city to bring buses to Silverado, Chaparral and Walden. According to him they've become some of the most popular routes on the system.

But when it comes to new developments, he said there are perks and downfalls — a lack of transit service being one of them — to choosing a brand new home in a young Calgary development.

"It's based on demand, unfortunately they generally can't determine demand until it's there, which is a nasty little catch-22," said Demong. "I would sure prefer if Transit were to do some kind of polling to actually find out."

Demong added it's something he hopes to approach Transit about.

McKendrick said there's a report coming to council in March that will detail the system's challenges in meeting Route Ahead goals — especially with service.

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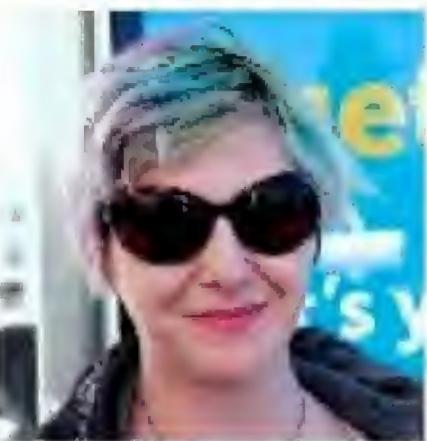
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REACTION

Do you think the city should put fluoride back into water?



“

Definitely. Since having the fluoride taken out of the water, I've seen a degradation in my teeth. I grew up where there was fluoride and my teeth have been beautiful until I moved here.

Nadia Harris



“

Yes, I think the pros are greater than the cons. I heard on the news that Edmonton has fewer children with cavities than Calgary. The benefits are greater, I think.

Colin Daly



“

Yes they should. If it's affecting children's health, then yeah, it should be in the water.

Stephanie Kumar

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A eulogy for four-legged friends

The death of a Calgary Zoo otter has sparked a conversation about the safety of animals across the country. Here, Metro remembers some of the better-known critters that have died in recent years — some naturally, others not. Yet they all have one thing in common: They were beloved by their communities. **METRO**



HALIFAX TUXEDOSTAN

This friendly feline captivated the nation and, indeed, the world when he ran for mayor in 2012. Saddened by Halifax's feral-cat problems, Tuxedo Stan spearheaded the Tuxedo Party movement and ran for office to draw attention to the issue. While Stan did not win, in Stan's name, city council provided a \$40,000 grant to the local SPCA. While Stan won this fight, he sadly lost against cancer in 2013.



OTTAWA BIG BOY

You might think of wild boars as a scourge on farmers and fearsome to residents. But Big Boy, as this particular wild boar was known, was a domesticated pet and much beloved by his owner Donna Lampron. Big Boy was shot when he wandered onto the property of Thomas Blair, a resident in Moose Creek, just outside Ottawa. However, Blair didn't know the boar was a pet and felt he was justified in his actions.



TORONTO WHITESQUIRREL

Many headlines have been written about Toronto's white squirrels — friendly residents among the trees of the Trinity Bellwoods neighbourhood. So loved are the squirrels that they have their own Twitter account, @WhiteSquirrelTO, and inspired White Squirrel Café. So the shock of seeing a white squirrel dangling from a hydro power cord, dead from apparent electrocution, echoed across the city, breaking the hearts of many.



WINNIPEG BAIKAL

An Amur tiger, Baikal, who lived in Assiniboine Park Zoo, died after it was attacked by a younger male tiger. Baikal had wandered into an enclosure where two youngsters were being housed. The zoo said a gate connecting the two enclosures had been mistakenly left unlocked, which allowed Baikal to get in.



CALGARY LOGAN

In a tragic tale, Logan the Otter, who lived in the Calgary Zoo, drowned last week after becoming entangled in a pair of pants left in his pool. This was chalked up to "human error," but many people are lashing out at the zoo, saying it's not the first time such incidents have happened.



VANCOUVER WALLY

Wally the sea otter was found suffering on the shores of Tofino, B.C., where it was discovered that he was blind and suffering from gunshot wounds, so veterinarians amputated part of his flipper and cared for his injuries. Wally went on to win the hearts of staff and visitors at Vancouver Aquarium, who say Wally's last years were happy, but his health began to deteriorate in the spring. He died shortly after.

Satellite scare highlights symbiotic life in North



Rumour has it there's a downed satellite near Resolute Bay. The community of fewer than

250 is a place where information spreads fast. And a few weeks back, the word on the snow-covered street was the military would be up to collect pieces of a satellite that crashed.

The military presence was no surprise because the Arctic Training Centre is just a short snow-

mobile ride from Resolute. But squadrons running around the area looking for scrap is troubling for the hamlet's inhabitants, who rely on hunting those lands.

Philip Manik Sr., chairman of the Hunters and Trappers Association in Resolute, said hunters "not only hunt for themselves"

but also share their bounty out of necessity. Groceries are flown in and expensive. A can of beans is \$9.99 in Resolute. Many residents are unemployed and cannot afford to buy at a store.

Manik was at a meeting last week at which the military's liaison officer, Lt. Navy Clayton

Erickson, clarified the rumour was just that.

"It's a story," Erickson said, a narrative for soldiers engaged in a training exercise. He emphasized that living symbiotically alongside Canada's Arctic inhabitants and respecting their way of life is always the priority.



Phillip Manik Sr.
DRAEDEN JONES/METRO



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Suspended senator Mike Duffy is facing 31 charges of fraud, breach-of-trust and bribery related to inappropriate expenses.
JUSTIN TANG/THE CANADIAN PRESS FILE

Duffy trial on to 'how'

SENATE SCANDAL

With 'what' and 'when' figured out, question is how it adds up

As a former journalist, Sen. Mike Duffy knows the components of a story — you need the who, the what, the where, the when, the why and the how.

In the 61 days an Ottawa courtroom heard evidence on the 31 charges of fraud, breach-of-trust and bribery the senator is facing, the Crown and the defence argued the first five points.

But with the start of closing arguments on Monday, both sides will now get to the final element so necessary to their respective sides of the case, says Peter Sankoff, a law professor at the University of Alberta.

"It's about the how — how does all this stuff add up to guilt or innocence," he said.

Duffy, 69, has pleaded not

guilty to all charges.

The closing submissions cap off a trial that began in April and was initially supposed to last just eight weeks. But it's a story that starts back in 2008.

The whos and wheres and whens and whats of his expenses were the meat of the weeks of testimony that dragged on far longer than anyone expected, including through the early part of the fall election campaign.

There's no question the changing of the political guard in Ottawa took some of the air out of the proceedings, Sankoff noted. But neither side has any room left for it anyway.

"What they were dealing with for long periods, who knew what at what time, who was dealing with the decision, I don't think any of that matters anymore," he said.

"I think they are really going to focus to the extent that they will on trying to explain why he should or shouldn't be convicted."

THE CANADIAN PRESS

IN BRIEF

Would-be bargainers for RCMP point to allegations

A group vying to become the Mounties' first bargaining unit is using new allegations of sexual harassment and bullying to try to make its case for a group to represent rank-and-file officers.

A representative for the Mounted Police Professional

Association said higher-ups turn a blind eye to allegations of harassment and assault in the workplace. Rob Creasser points to a report last week detailing allegations of sexual touching, bullying and rampant nudity at the explosives training unit of the Canadian Police College in Ottawa.

THE CANADIAN PRESS

NORTHWEST TERRITORIES

Town to run on solar power — in summer

While the rest of Canada talks and talks about reducing reliance on fossil fuels, one tiny northern town is leading the way in actually doing it.

Colville Lake, high in a corner of the Northwest Territories, has successfully tested a system of batteries and solar panels that should allow the community to run entirely on the sun's energy — at least in the summer.

"There is really no other community that I know of

that is structured this way," said Myra Berrub, manager of energy services for the Northwest Territories Power Corp.

Colville Lake, a Dene community of about 150, needed to replace its aging diesel generator. The corporation installed a new one but supplemented it with batteries and an array of solar panels capable of generating 136 kilowatts.

When it's dark, Colville Lake runs off diesel. The batteries save fuel by absorbing and

storing any power in excess of demand, so the generator always runs at maximum efficiency.

The community now sees about eight hours of low-angle sunlight a day. By late May, sunlight is virtually 24-hour.

"The sun is just starting to come back," said Berrub.

"We're just starting to generate solar right now. We do expect there will be periods when solar is running the town." THE CANADIAN PRESS



Workers adjust a panel on a solar array in Colville Lake, N.W.T. THE CANADIAN PRESS

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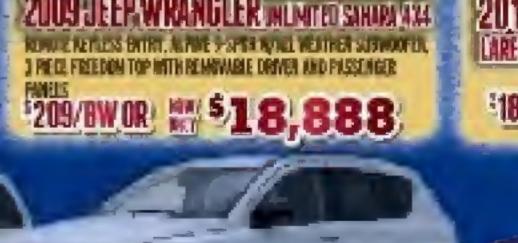
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Leave EU: London mayor

POLITICS

Boris Johnson challenges PM, wants U.K. to abandon bloc

A new battle for Britain erupted Sunday, with London Mayor Boris Johnson saying he would join the campaign to encourage Britain to leave the European Union. The move posed a direct challenge to Prime Minister David Cameron, who has launched a major push to keep his country within the 28-nation bloc.

The popular, raffish Johnson immediately becomes the most prominent Conservative Party politician to break ranks with fellow Conservative Cameron's vision of the best course for Britain in a June 23 referendum on EU membership.

The referendum has divided Cameron's Conservative Party — while most in his cabinet back his wish to stay, several cabinet members oppose his stance and are campaigning for the country to break free of EU bureaucracy — a so-called "Brexit."



London Mayor Boris Johnson says he would support a vote for Britain to leave the EU in a referendum in June, dealing a blow to Prime Minister David Cameron. NIKLAS HALLE'N/AP/GETTY IMAGES

The decision of Johnson, a two-term mayor who has been touted as a possible future prime minister, deals a blow to Cameron's hopes of a united front ahead of what is expected to be a hard-fought referendum.

"The last thing I wanted was to go against David Cameron or the government, but after a great deal of heartache I don't think

there is anything else I can do," Johnson told reporters outside his London home.

So far, no country has ever left the EU, and several European countries outside the bloc are still working to reform their economies and governance systems so they can join.

Cameron made a firm commitment three years ago to give

voters a simple "in or out" referendum if he was re-elected in 2015. He was acting to quell divisions within his own party, which has long had a strong vein of anti-Europe sentiment.

Johnson's decision was not a complete surprise because the 51-year-old former journalist has for several decades criticized the growing EU bureaucracy, first in

The last thing I wanted was to go against David Cameron.

MAYOR BORIS JOHNSON

his newspaper and magazine columns and later from Parliament and city hall.

Striking likely campaign themes, Johnson criticized EU courts for taking too active a role in British affairs and said the entire European project was in danger of spinning out of "proper democratic control."

The mayor was immediately praised by one of the leaders of the "leave" campaign who have been searching for a charismatic figure with mainstream appeal.

The prime minister also cautioned that if Britain pulls out, it would take years to negotiate such a deal, since it also needs to make sure that British companies still have access to European markets.

Cameron plans to go to Parliament on Monday to formally set in motion the June 23 referendum. THE ASSOCIATED PRESS

UNITED STATES Snowden willing to face justice

Speaking via Skype from Russia, Edward Snowden told an audience of supporters in New Hampshire on Saturday that he is willing to be extradited to the United States if the federal government would guarantee he would get a fair trial.



Edward Snowden THE ASSOCIATED PRESS

The former National Security Agency contractor in 2013 leaked details of a secret government eavesdropping program and left the country. He faces U.S. charges that could land him in prison for up to 30 years.

Snowden has offered to return home and discuss a plea deal and even go to jail.

His revelations about the NSA, Britain's GCHQ and other intelligence agencies set off an international debate about spies' powers to monitor personal communications.

THE ASSOCIATED PRESS

IN BRIEF

GERMANY

Refugee home site of suspected arson

Gunman opens fire on random people in Michigan
A gunman opened fire outside an apartment complex, a car dealership and a restaurant Saturday in Michigan, killing at least six people at random, police say. They identified the shooter as Jason Dalton, 45, an Uber driver.

Kalamazoo County Undersheriff Paul Matyas described a terrifying series of attacks that began about 6 p.m. Saturday outside an apartment complex on the edge of Kalamazoo County, where a woman was shot multiple times. She was expected to survive. THE ASSOCIATED PRESS

Phoney health workers break into homes in Brazil

Brazilian authorities in the southern city of Joinville are warning residents to guard against fraudsters after three thieves posing as health workers working to wipe out the Zika virus entered a home and ran off with cash and electronics.

There have been 220,000 soldiers mobilized to join 300,000 health workers in house-to-house searches to eliminate possible breeding sites for the Aedes aegypti mosquito that transmits the Zika virus. THE ASSOCIATED PRESS

INDIA

Deadly protests cut off water

Authorities in India's capital have closed schools and taken other measures to combat water supply problems caused by violent protests in a neighbouring state that have left at least 12 people dead.

Thousands of members of an underprivileged community who are protesting to demand government benefits have damaged equipment that brings water from the Munak canal in Haryana state to New Delhi, depleting the capital's water supply. New Delhi, a city of more than 16 million people, gets about 60 per cent of its water from Haryana state.

Arvind Kejriwal, Delhi's chief minister, announced Sunday that schools in the capital would be closed Monday due to the water shortage. He ordered rationing of water to people's homes.

At least 12 people have been killed by Indian security forces firing on protesters since the week-long protests turned violent on Friday, state Home Secretary P.K. Das told reporters Sunday. Another 150 protesters have been injured in clashes in various parts of the state.

Two more deaths were reported Sunday in the Sonipat and Hissar districts of the state, raising the death toll



Haryana state was rocked by violence that damaged equipment supplying water to New Delhi. DEEPAK KHANNA/THE ASSOCIATED PRESS



Two people were detained after interfering with firefighters' work, police said, after fire damaged a hotel being converted into a refugee home. RICO LOEB/DPA/THE ASSOCIATED PRESS

to 12, Das said. Ten people were killed over Friday and Saturday.

However, a breakthrough appeared to be in sight as Prime Minister Narendra Modi's government set up a federal committee to examine the protesters' demands.

The Press Trust of India news agency said the protesters started lifting the highway blockades in some areas

later Sunday after the government's announcement. There was no formal announcement yet by the protesters on the issue.

Sporadic violence was reported in Haryana on Sunday, with protesters setting fire to a bank ATM and bank records, a car showroom, a gas station, some shops and a railroad station.

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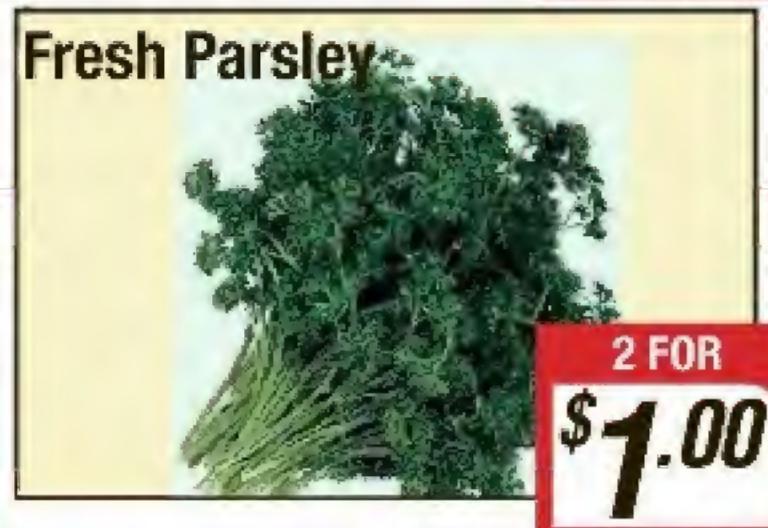
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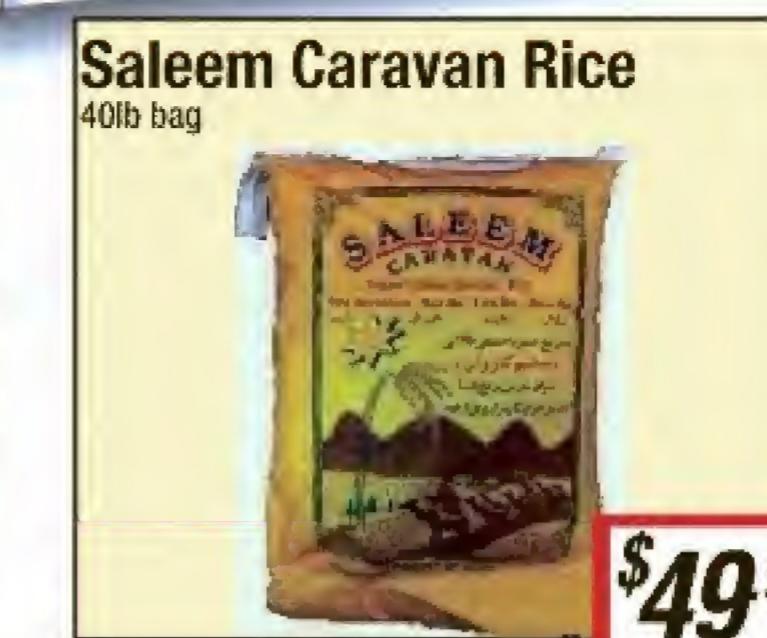
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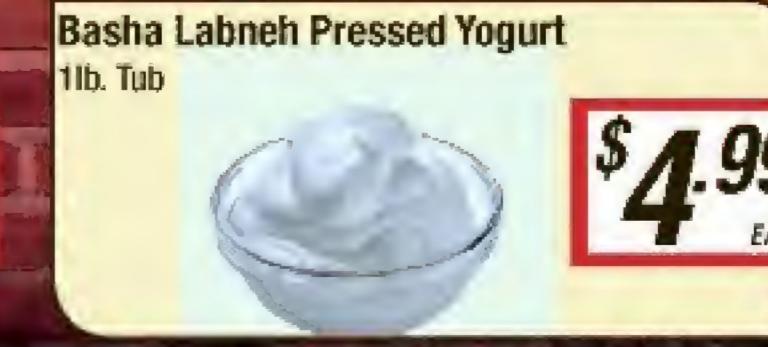
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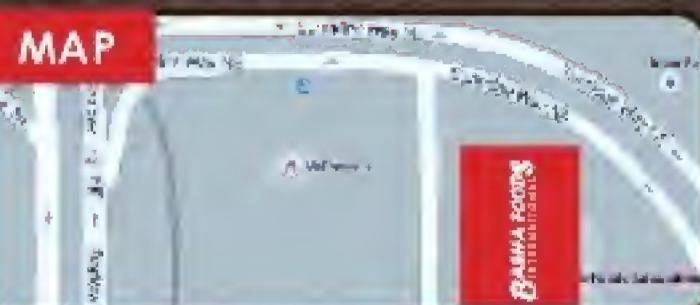
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VATICAN

No more execution, Pope asks

Pope Francis on Sunday urged Catholic leaders to show "exemplary" courage by not allowing executions this year, while expressing hope that eventually, the death penalty will be abolished worldwide.

Francis told tourists and pilgrims in St. Peter's Square that "the commandment 'Do not kill' holds absolute value and applies to both the innocent and the guilty."

He added that there is "an ever more widespread opposition in public opinion to the death penalty, even only as an instrument of legitimate social defence."

"I appeal to the conscience of those who govern so that international consensus is reached for the abolition of the death penalty," the Pope said. "And I propose to all those among them who are Catholic to make a courageous and exemplary gesture: may no execution sentence be carried out in this Holy Year of Mercy."

Francis is using the church's Holy Year, which runs through Nov. 20, to encourage efforts for more reconciliation and mercy in the world.

The Pope is building on church teaching, laid out by St. John Paul II, that there's no justification for capital punishment.

"In effect, modern societies have the possibility to efficiently repress crime without taking away definitely the possibility to redeem oneself from those who committed" the crime, Francis said.

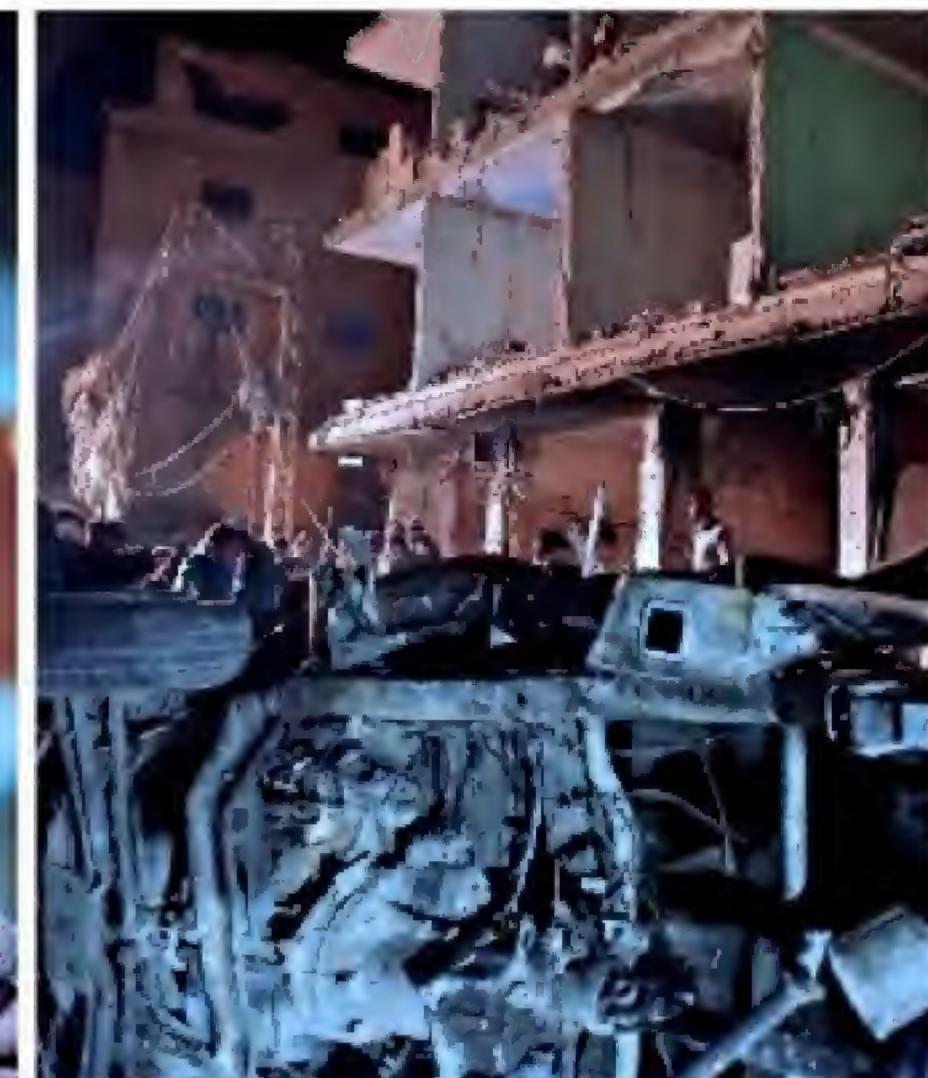
The Pope said "even criminals hold the inviolable right to life" given by God.

Francis called on all Christians and all those of good will to work not only to abolish capital punishment but also to improve prison conditions.

THE ASSOCIATED PRESS



A woman carries a child injured in the triple blast in Sayyida Zeinab, a predominantly Shiite suburb of the Syrian capital Damascus. SANA/THE ASSOCIATED PRESS



People gather in the aftermath of a multiple explosive attack in the Sayyida Zeinab area. NATALIA SANCHÍ/THE ASSOCIATED PRESS

ISIL blasts hit Damascus, Homs, killing at least 130

SYRIA

Bombings may jeopardize provisional ceasefire

Bombings claimed by the Islamic State of Iraq and the Levant (ISIL), in the Syrian cities of Damascus and Homs, killed nearly 130 people on Sunday.

The bombings highlight the threat posed by the extremists as the country's warring factions fight for the northern city of Aleppo and world pow-

ers chase an elusive ceasefire.

The blasts came as Secretary of State John Kerry said that a "provisional agreement" has been reached on a cessation of hostilities that could begin in the next few days. But he acknowledged that it's not finalized and all parties might not automatically comply.

A series of blasts ripped through the Sayyida Zeinab suburb of Damascus, killing at least 83 people and wounding more than 170, the official SANA news agency said.

The Britain-based Syrian Observatory for Human Rights, which relies on local Syrian activists,

said the blasts killed 62. SANA said the bombs went off near schools during the afternoon rush hour.

The neighbourhood is home to one of Shiite Islam's holiest shrines, which is heavily guarded by Lebanon's Hezbollah movement and other Shiite militiamen from Iraq and elsewhere. Hezbollah's Al-Manar TV said the blasts were caused by a car bomb and two suicide bombers.

The bombings in the central city of Homs killed at least 46 people and wounded dozens, according to Syria's Foreign Ministry. The Observatory said 57 people, including 11

Modalities for a cessation of hostilities are now being completed. John Kerry

women, were killed by two car bombs set off in a mostly Alawite neighbourhood. Syrian President Bashar Assad hails from the Alawite minority, an offshoot of Shiite Islam.

Syrian TV footage from Homs

showed streets filled with debris and mangled cars, and the charred body of a man being taken away on a stretcher. Footage from Sayyida Zeinab showing people running in narrow

IN BRIEF

Health fine: Dalai Lama

The Dalai Lama is assuring his followers that he is in good health, despite receiving treatment in the U.S. for a prostate condition. The 80-year-old Tibetan Buddhist leader spoke to about 3,000 people Sunday at the Minneapolis Convention Center. The Dalai Lama arrived last month at Mayo Clinic in Rochester, Minn. The Star Tribune reports he told the crowd he'd been receiving treatment for prostate problems.

THE ASSOCIATED PRESS

EXTREME WEATHER

Fiji still reeling from cyclone

Fijians were finally able to venture outside Monday after authorities lifted a curfew but much of the country remained without electricity in the wake of a ferocious cyclone that left at least six people dead and destroyed hundreds of homes.

Officials were scrambling to restore services and assess damage in remote parts of the Pacific Island chain.

Winds from Cyclone Winston, which tore through Fiji over the weekend, reached 177 miles (285 kilometres) per hour, making it the strongest storm in the Southern Hemis-

sphere since record-keeping began, according to the Weather Underground website.

The government imposed the curfew on Saturday night and lifted it at 5:30 a.m. Monday. A 30-day declaration of a state of natural disaster remains in effect and empowers police to make arrests without warrants.

In a televised address to the nation on Sunday, Prime Minister Voreqe Bainimarama said many people had been left without power, fresh water or communications.

THE ASSOCIATED PRESS



Road workers remove a fallen tree blocking a road near Lami, Fiji. THE ASSOCIATED PRESS

DEFAMATION LAWSUIT

Cosby's wife trying to delay deposition

Lawyers for Bill Cosby's wife have filed an emergency motion to postpone her deposition while she appeals a magistrate judge's order.

The motion filed late Saturday says the 71-year-old Camille Cosby's deposition, scheduled for Monday, should be delayed because she "has had no involvement with the facts or allegations underlying this case."

It argues that her public testimony would create "an unnecessary media circus and

personal security threat that serves no purpose other than to harass and embarrass her."

Camille Cosby is slated to answer questions under oath in a defamation lawsuit brought against her husband by seven women who say he sexually assaulted them decades ago.

Lawyers for the Cosbys attempted to quash the deposition subpoena. A federal judge ruled Friday that Camille Cosby's deposition must proceed Monday. THE ASSOCIATED PRESS



Deborah Magdee holds photographs of her deceased mother, 87 year-old Elizabeth at her home in Vancouver, B.C. JONATHAN HAYWARD/THE CANADIAN PRESS

TECHNOLOGY

Camera boost, VR in new Samsung, LG smartphones

To revive interest in smartphones, Samsung and LG are improving their cameras and embracing the nascent world of virtual reality.

Samsung's new flagship phones — the Galaxy S7 and S7 Edge — promise better photos under low-light conditions, in

part with sensors that capture more light. The main camera on LG's upcoming G5 smartphone will have two lenses — one for standard shots, and another with a wider angle so you can capture more of what's in front of you without having to step back.

Both companies will also

release several camera-related accessories. Samsung, which unveiled a virtual-reality device for consumers last fall, will now make a 360-degree camera for everyday folks to capture and share VR images. The company will also make smartphone cases with a hole to screw in special

lenses, such as wide angle and fisheye views.

LG will have its own VR headset — a lighter version of Samsung's Gear VR — as well as a smartphone attachment that functions as a camera grip with physical buttons to take shots and control video recording.

ggers come and take her away and put her in a morgue?" she recalls thinking. "I do not want anybody touching my mom like that."

She turned to Google and found a burgeoning industry. More than 50 home funeral directors work in North America, according to the National Home Funeral Alliance, including Pash-ta MaryMoon, a death midwife in Victoria.

MaryMoon, who co-founded the Canadian Integrative Network for Death Education and

You can go there by yourself at two in the morning and cry or talk to the person. Deborah Magdee

Alternatives, said much of her work is educating people about do-it-yourself funerals.

"It's an old, ancient, forever process that we lost in the 20th century," she said.

MaryMoon helps people navigate the paperwork required when someone dies and teaches home-funeral workshops to go over the logistics of the service.

"I don't have any issues around being with dead bodies," she said. "It's really not that different than caring for a live person."

Deborah attended one of MaryMoon's workshops in August 2014 and then convinced her family to help plan a home funeral for Elizabeth, who died the following March at 86.

Deborah and the family lit candles and played music, leaving Elizabeth's body in her room where they could sit with her

and reflect.

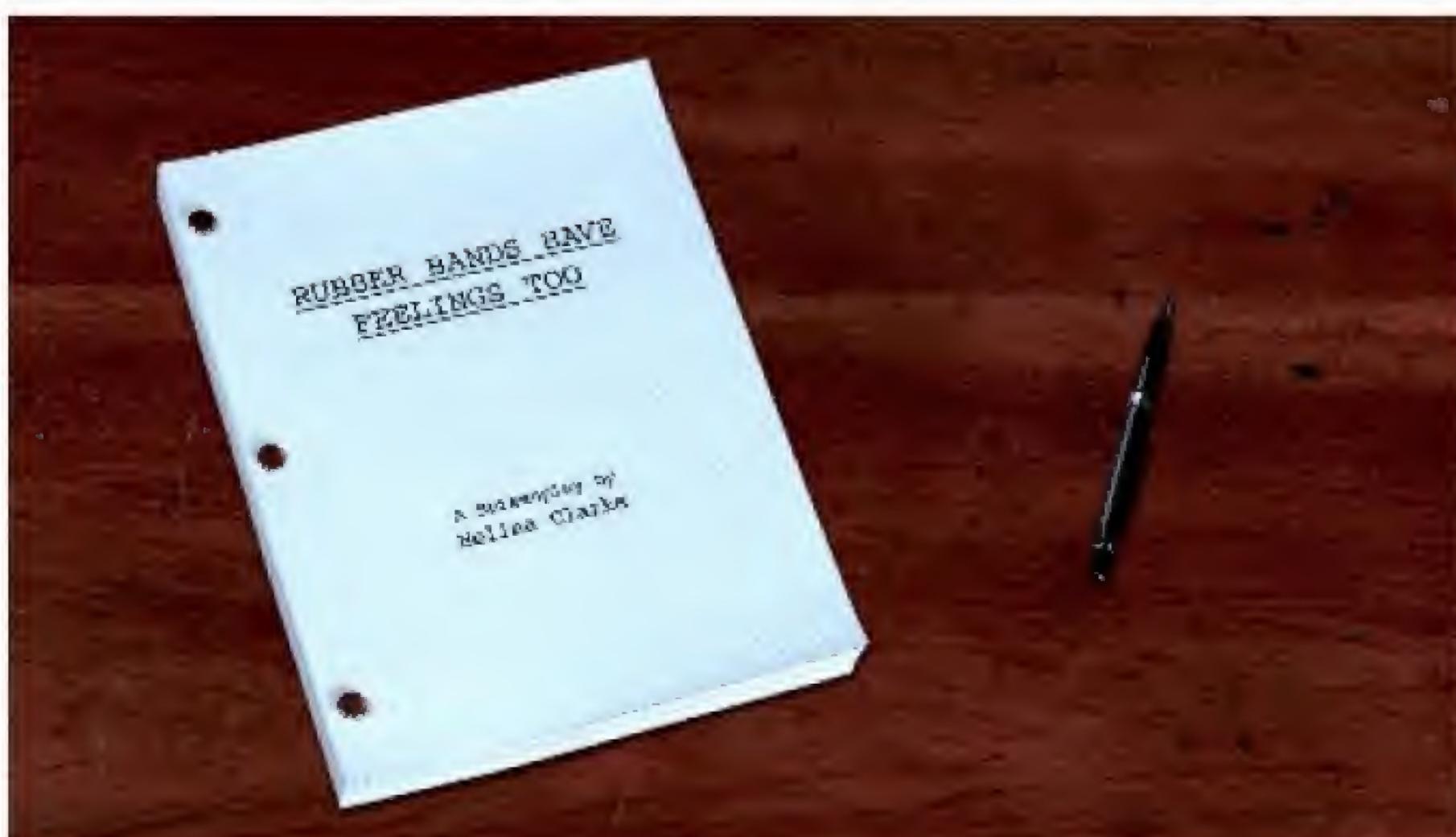
"You have time to grieve," Deborah said. "You can go there by yourself at two in the morning and cry or talk to the person."

Friends and family visited for a celebration of life, where they decorated Elizabeth's casket, covering it with photos and messages of love. THE CANADIAN PRESS

ALBERTA

Notley calls on feds to help boost economy amid Bombardier deliberations

With the federal government considering aid for aerospace giant Bombardier, Alberta Premier Rachel Notley is calling for more aid in her province. THE CANADIAN PRESS



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Monday, February 22, 2016

THE BIG THING: ETHIOPIAN FAMINE, AGAIN

In the mid-1980s, the alarm about the devastating famine in Ethiopia was raised with the boom of bass guitars at LiveAid. This time around, we've barely heard a whimper (yet), though the current drought is much worse. **The El Niño climate has made this Ethiopia's driest season in 50 years, putting 10 million people's lives at risk** — equivalent to almost the entire pre-war population of Syria, whose crisis has garnered far more international attention. There's overwhelming need for action, and fast, but the East African nation is in a far better position to handle the challenge now than 30 years ago, when famine and concurrent political instability killed about half a million people and left scars that can still be seen today.

1 Cost of crisis

The trauma of Ethiopia's 1980s food crisis can be plainly seen on the bodies of the young adults who were 12 to 36 months old during the height of the devastation. They're profoundly stunted: an average of 5 centimetres shorter than their older peers who did not suffer starvation in the early years of life. And those are the children who were born at all — research shows a noticeable, years-long dip in fertility among married Ethiopian couples who lived through the famine. SOURCES: DEMOGRAPHY JOURNAL OF THE EUROPEAN ECONOMIC ASSOCIATION

2 Pace of progress

Ethiopia is one of the fastest-growing economies in the world. A more urban population means comparatively fewer people are relying directly on crops to survive. Food aid is being imported into neighbouring Djibouti and delivered to hard-hit areas of Ethiopia via a new Chinese-built electric railway. Finally, technologies that didn't exist in the 1980s may lessen the impact of this once-in-a-lifetime drought. An example is an Ethiopian-made enriched peanut paste that is cheap, tasty, keeps well and can help prevent malnutrition in children. SOURCE: BBC

3 Time is ticking The Ethiopian government now has functioning "strategic grain reserves," including this depot in Adama (pictured). However, the charity Save the Children Ethiopia says unless \$245 million is pledged by foreign donors before the end of February, the country will suffer a "break in the food aid pipeline."

COLIN COSIER/AFP/GETTY IMAGES

Conspiracies + council: A truly toxic formula

KLASZUS' CALGARY

Jeremy Klaszus

Why is Calgary's city council bent on complicating what is fairly straightforward?

It's excruciating to watch. Councillors did it with secondary suites. And they did it with fluoride, voting in 2011 to remove it from city drinking water, experts be damned.

In light of the recent University of Calgary study showing worsening tooth decay in kids post-2011, council should admit the error and put the fluoride back in.

In cities countrywide, secondary suites and fluoride are non-issues. Suites are permitted citywide and municipal water is fluoridated at safe levels. It's not complicated.

But in Calgary, city council has to make things more diffi-

cult than they need be, giving the most fringe voices undue weight and consideration.

The crank who wants to keep basement renters off her street. The conspiracy theorist crowing about a "fluoride agenda" like a character in a Stanley Kubrick film. These are the folks who seemingly guide our public policy.

Brushed aside are professionals who actually know something of the subject. On secondary suites, myriad organizations with significant expertise spoke in favour of legalizing suites. Council knew best and ignored them.

Much the same thing happened with fluoride.

And as Coun. Drish Farrell was casting doubt on water fluoridation, there was wide pro-fluoride consensus among health professionals.

Here's what Health Canada said in 2010: "The weight of evidence from all currently available studies does not sup-

port a link between exposure to fluoride in drinking water at 1.5 mg/L and any adverse health effects."

This is Alberta Health Services's position: "AHS supports water fluoridation as a simple, safe and cost-effective means of protecting teeth from decay, and helping Albertans keep their teeth for life."

The Canadian Dental Association says fluoridation of municipal drinking water is "a safe, effective and economical means of preventing dental caries in all age groups."

One more, from the Canadian Public Health Association: "Health and dental organizations worldwide endorse the safety and effectiveness of water fluoridation."

You get the idea.

Then you have Coun. Andre Chabot, one of the anti-fluoride councillors, who told Metro last week: "To me, a mass medication without the control of the dose is wrong

on so many levels."

Once again, city council knows best.

Since 2005, more than 30 communities in Canada have stopped fluoridating their water, according to the recent U of C study.

In light of the pro-fluoride consensus among health professionals and the worsening tooth decay in local kids, Calgary should not be proud of joining this group. It's an embarrassment, frankly.

Now many, including Dr. Richard Musto, AHS's lead medical officer of health for Calgary, are calling on council to revisit its flawed 2011 decision.

But hey, Musto is just the city's top doctor, not an online conspiracy theorist with dubious credentials.

What does he know?

Jeremy Klaszus is a Calgary-based freelance journalist and stay-at-home dad.

ROSEMARY WESTWOOD

metroview



The question at the end of Lent should not be 'Did I win?'

It's been almost two weeks.

Fourteen of 40 days of Lent. And I'm not sure I've changed. Yet.

I'm not drinking — a classic Catholic answer to the call to fast or do good deeds between Ash Wednesday and Easter, in order to prepare our hearts for Jesus' resurrection. But, this year, going alcohol-free feels more like a money-saving endurance test than a true Lenten effort.

Like many, I'd been seeing Lent as a kind of extreme sport: How long can I go without X? According to Google, Catholics are giving up meat in Ohio, sex in California, fried food in Kentucky, and Facebook in Oregon.

Each year, I've given up booze and figured I was being observant.

I was not.

In church on Ash Wednesday, the priest told us that he understands the desire to swear things off wholesale: He did it himself when he was child (no candy). But Lent isn't a test, he said; it's an opportunity. It's not about feats of abstinence — it's about feats of growth.

The question, at the end of it all, shouldn't be: Did I pass? Or did I win?

"The question is, 'Have I changed?'" the priest said.

It is odd, or perhaps fitting, that Lent comes soon after the new year, a month

and a half after most of us have taken stock of our lives and ourselves. Anyone religious should be pretty well situated, after all that introspective angst, to pinpoint the holes in their faith.

So, as a Catholic who rarely prays, I've decided to do it daily. I'm trying to say prayers that are hopeful, joyful, expansive (instead of the ones about how I'm sinning all the time). I'm focusing on relationships I find difficult. I'm trying to choose, in little ways, to help other people.

So far, I'd give myself a solid C+.

Which isn't so bad. Being more loving, more giving — that is never going to be easy. It takes a lot more energy and honesty than forgoing a beer.

Ultimately, faith is supposed to bring happiness, joy, contentment. Richard Rohr, the Franciscan friar, wrote "Lent is just magnified and intensified life." Which makes this practice, this effort for change, one that anyone could, theoretically, adopt.

Not that I'm telling you what to do. And not that I'm judging other Catholics. (That wouldn't be very Christian.) And while I'm OK with my current C+, I'm type-A competitive. Though I've set goals I can't definitively win or lose, I couldn't be more desperate for change. Even a tiny, little bit.

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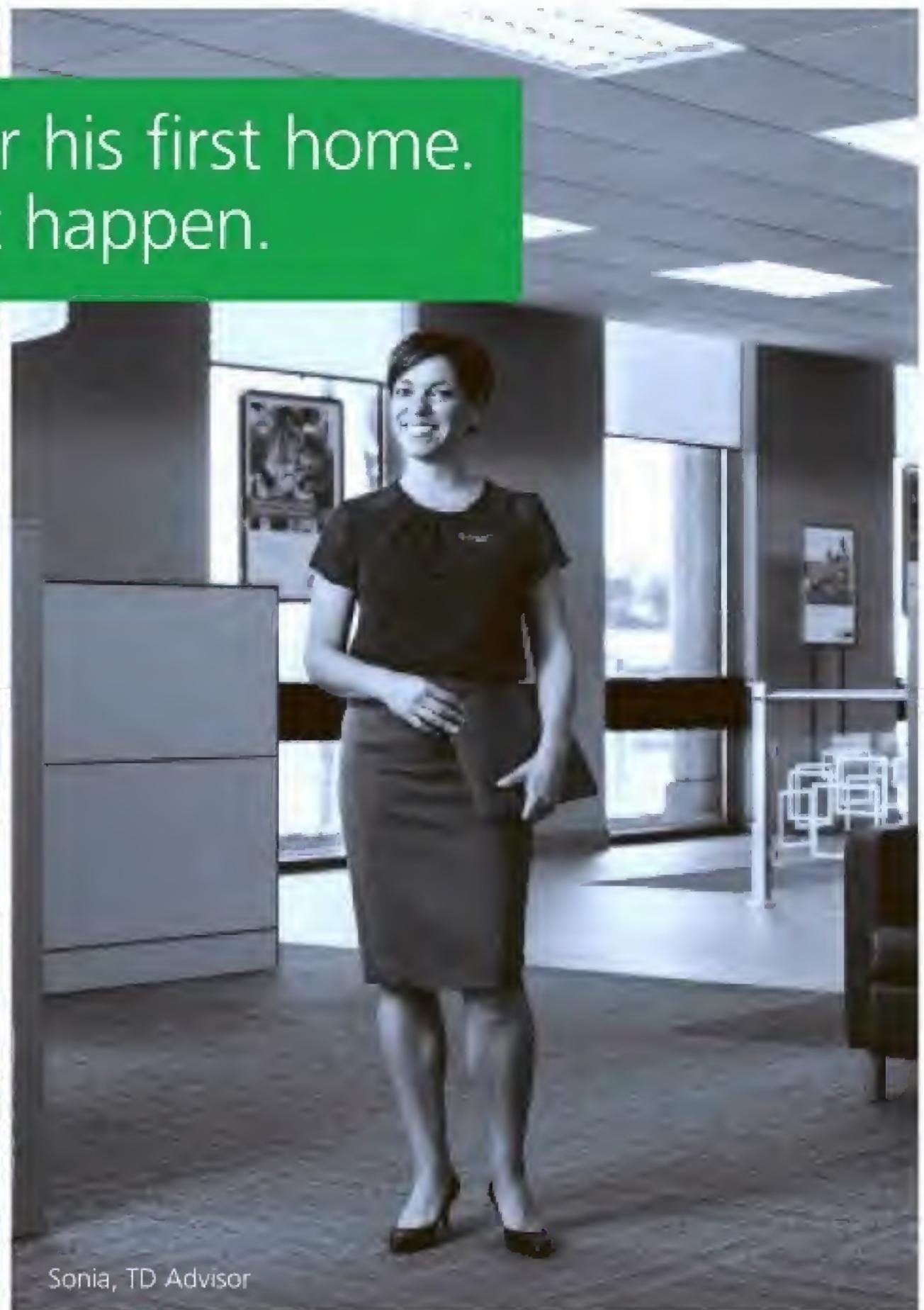
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How much money do I need?

NEST EGG

Be calculating with your retirement savings

Michelle Williams

A generation ago, planning for your retirement meant saving whatever money you could. Then, when you turned 65, you'd live on your savings. There was very little accounting for lifestyle and what your dream for retirement might look like.

"We've heard many different rules of thumb about what the right number is for a successful retirement," says Jake Lockhart, a certified financial planner with Investment Planning Counsel and Lakeside Financial Planning in Kelowna, B.C. "A million dollars is a popular one. Another number you hear bandied around is 70 per cent of your pre-retirement income. Fact is, there's no magic number that suits everyone."

Surrounded by choice

"We have so many choices today when it comes to discretionary spending in our globalized world," says Serena Cheng, director of wealth management and investment advisor with Richardson GMP in Toronto. "We also have such varied interests. Is it import-



The lifestyle you want to lead once you retire will determine how much money you will need to save. iSTOCK

ant for you to eat out? Do you love to travel? Are you a serial shopper? We've never had the choices we have today."

For this reason, both Lockhart and Cheng agree that the first step to determining what you'll need for your retirement is to identify your lifestyle priorities.

"In our process, we ask cli-

ents to spend time analyzing the life they envision for themselves in retirement," says Lockhart. "Every detail is important, from things like whether you plan to downsize from your family home to whether you'll have to travel to visit your family out of the province."

"Once you determine that,"

says Cheng, "you have to figure out how much money you need to put away to allow for this lifestyle. If you're unsure, give yourself the flexibility of a bandwidth so you have a range.

"You also factor in cost of living — I use three per cent per year to be on the safe side. You don't know how long you'll live, but you have to plan out

to 95 years plus because people are living longer."

Get organized

"You have to make reasonable assumptions about the return on your assets pre- and post-retirement," says Lockhart. "Before you retire, organize your affairs so you're insulated should your investments suf-

fer due to an economic downturn, which can be especially catastrophic early in your retirement. This could mean a shift in your investment strategy and possibly the assumed post-retirement rate of return."

A common strategy is to first determine your goal (e.g., to retire at 55), then see if you have the financial resources and strategy to support that.

"We start with what your dreams are for retirement and project what it will cost. Then we look at current saving strategies and assets to see if you're on track," says Lockhart. "If there's a financial shortfall, you have to consider different options: maybe it's adjusting your lifestyle today to save more for retirement, working a few years longer or changing the style of your retirement."

Crunching the numbers

If you're thinking this sounds pretty complicated, you're right. It's not enough to do a spreadsheet of your expenses for your optimum retirement lifestyle and try to assess how much that will cost. It's a mathematical quagmire that's extremely complex for most investors to wade through, even with savvy online calculators.

"I'm not going to say you can't figure it out yourself," says Cheng, "but financial planners are equipped to ask the right questions and do the calculations to thoroughly project what you'll need so you're not left short — with too little, too late."

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Will Annick and Yolanda's financial goals be met? **Metro's finance guru Lesley-Anne Scorgie** has only two months left to tackle the women's largest financial burdens and teach them to allocate resources.

Prioritizing debt repayment



**LESLEY-
ANNE
SCORGIE**
metromoney

THE CHALLENGE: We've been following two young women as they get serious about making progress on their money. They have 12 weeks to crush their debt, start saving for the future and break bad spending habits. Can financial guru Lesley-Anne Scorgie turn the financial tides for these ladies?

THIS WEEK: Where do you turn when you're in a financial pinch? For so many it's friends and family first, then traditional forms of credit such as consolidation loans or credit cards. Annick has laid her financial cards on the table and must choose which loans get paid off first.

NEXT WEEK: Yolanda wants to be a homeowner, which means she must save at least \$25,000 for a down payment plus closing costs. The big question is whether she should move back home or not. Every financial decision has a financial and emotional trade-off — both good and bad.

LESLEY-ANNE SCORGIE IS A BESTSELLING AUTHOR AND FOUNDER OF MVEST, A MONEY COACHING SERVICE FOR CANADIANS. FOLLOW HER @LESLEYSCORGIE

THE SITUATION

Annick owes money to friends and family not because of overspending, but rather she borrowed for the damage deposit on her Calgary apartment and to furnish it with the basics.

Like so many young Albertans, she'd hoped for a higher salary post-graduation, but landed in a rotten economy and was earning half what the recruitment officers in her energy management program said was the going rate for new graduates.

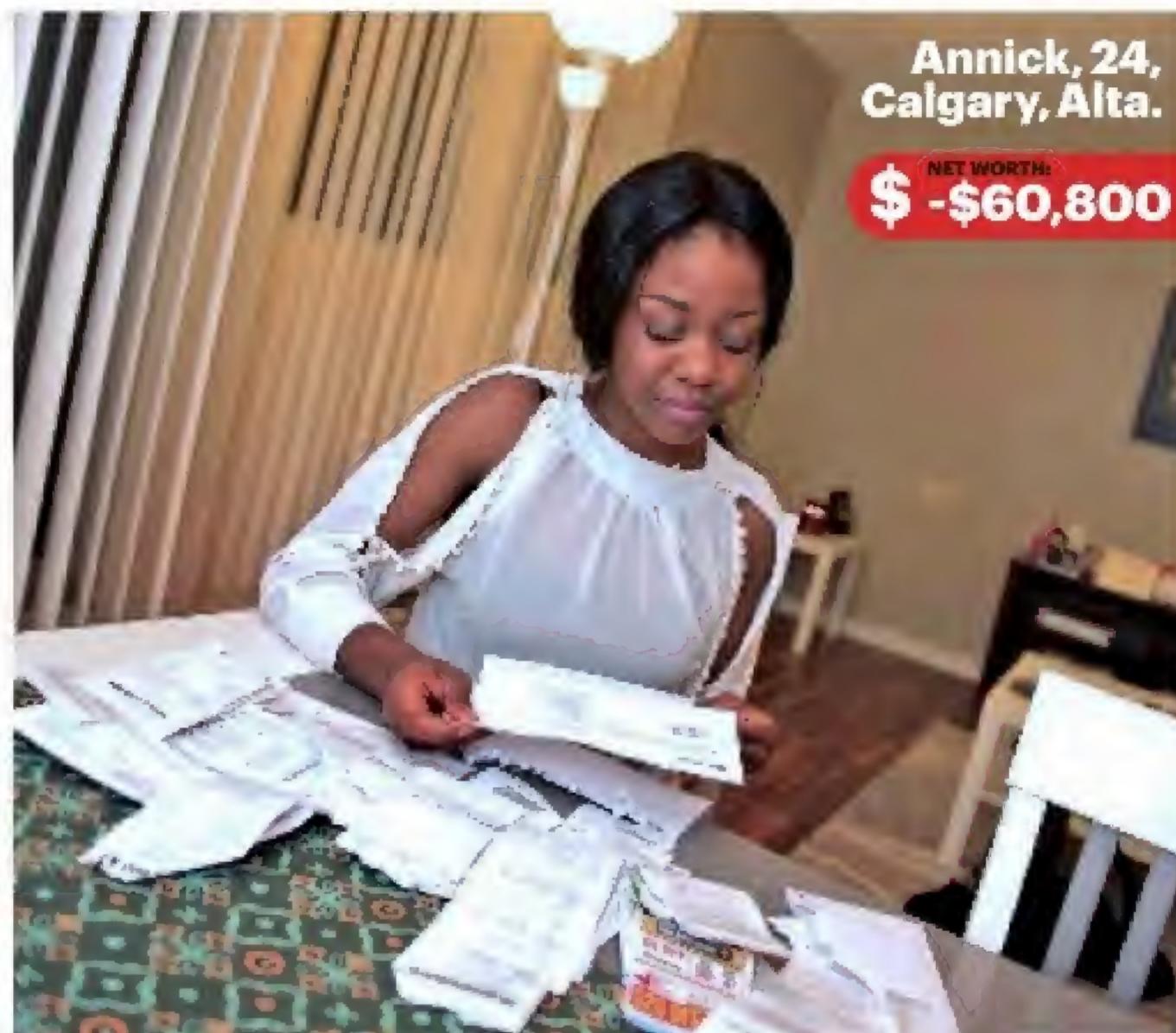
Within three months of full-time work, Annick confronted her finances and determined a second job would be necessary to afford the payments on her credit cards and other loans. She also started taking advantage of free city programs such as the theatre and discounts on transit for those with lower income.

Today she's putting \$1,125 per month towards her debt and is on track to eliminate her loans to friends and family by March 1. At this pace, Annick will be consumer-debt free (not including student loans) by July.

THE LESSON

In my experience, borrowing money from friends and family causes anxiety and can cost you your relationship.

Imagine showing up at your mother's home in new kicks



Annick is putting over a thousand dollars a month against her debt to reach her goal of becoming consumer-debt free by July. JENNIFER FRIESEN

when you still owe her \$1,000. She'll be angry and dinner will taste awful.

Balances and interest aside, I recommend you prioritize repayments to friends and

family first, then move on to the next highest interest debt followed by the next. For example, pay your brother first, then Visa (18 per cent), then the line of credit (8 per cent),

then your personal loan (6 per cent), and on you go.

What's important for Annick is a reward at the end of this tunnel of debt. So she's decided that once July hits and

\$ MONEY

Annick's monthly budget

The Budget: Annick uses a budget to manage her monthly cash flow. It's straightforward. She tallies up her income and subtracts her expenses to get to her bottom line. Because she's on a mission to become debt free, any extra cash Annick has should go directly toward her debts.

Income (take home)	\$2,450
Expenses:	
Rent	\$750
Groceries	\$250
Utilities, Internet & cellphone	\$125
Entertainment & gifts	\$125
Personal care	\$75
Visa	\$125
MasterCard	\$50
Student loans	\$150
Other loans	\$800
Total Expenses	\$2,450
Bottom Line	\$0

she has better cash flow, she'll save up to take an affordable trip to visit a friend in Miami later in the fall. We'll tackle the Canadian/U.S. exchange rate when the time comes.

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PLANNING TO GET MARRIED?

12 things to do ahead of saying I do

Gail Vaz-Oxlade
For Metro Canada

1. Talk about the money. Communication is Job One in the survival of any relationship. If you truly plan to share a life, bare your financial soul to your partner and insist your buddy tell you everything.

2. Create a budget. You need to be on the same page about where the money should be going. Then it's easy to decide what to buy and when. You simply ask, "Where does this fit in the budget?" Work together to make room, cutting a little of her golfing and his beer-with-the-boys to come up with the money.

3. Don't put one guy in charge. When one mate is excluded or totally abdicates responsibility, things can get messy. Your partner might sail your love-boat onto a reef or grow resentful at always having to do the job. You should each feel involved in the big financial decisions and under-

stand the day-to-day details.

4. Face up to your debt. If you can't be debt free when you hook up, at the very least you should have a plan for getting there. Never sign for each other's debt. If your buddy needs help to pay off the debt, do it without putting your name on the paperwork.

5. Talk about your dreams and your goals. Whether you want to own your own home, start a family or go into business for yourself, you need to break your goal down into manageable steps.

6. Build in some fun money. Consider allotting each partner weekly or monthly fun money that can be used for anything that body desires.

7. Plan for emergencies. Without a stash of cash at the ready to deal with whatever life throws at you, you won't have the means to cope. Have enough cash available to cover six months' worth of essential living expenses.

8. Maintain your financial independence. That idea of independence makes some people want to duck and hide behind words like love, trust, honour and team. But independence doesn't negate any of those things. It enhances them because each and

every day you're choosing to be together. Keep your own financial ID by having your own credit history and savings.

9. Talk to your HR department. Reassess what's available to you now that you're a family. Update your beneficiary designations for your insurance policies and retirement accounts.

10. Check your insurance. Marriage indicates "stability" and can have a positive effect on your auto insurance rates. Combine all your insurance with one carrier and you'll pay less.

11. Make new wills and powers of attorney. Your spouse doesn't have the right to speak for you unless you give him/her that right. And your old will is defunct when you tie the knot unless you made it in contemplation of the marriage.

12. Don't sweat the small stuff. Marriage is tough enough. Don't spend your relationship getting your britches in a knot over every little thing. If the small stuff adds up to big problems, it's usually because you aren't on the same page when it comes to your priorities. Get talking!

For more money advice, visit Gail's website at gailvazoxlade.com

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Raising kids: It's not all about piano lessons



Give kids a role instead of assigning chores. ALL PHOTOS ISTOCK

CHORES

Kids who don't help at home are ill-prepared adults: Author

Psst. There's an untapped resource in your household and it's hidden inside your kids.

Yes, beneath that veil of feigned incompetence, and even in spite of their wide portfolios of extra-curricular activities, your kids can — and should — be doing more work around the house.

"Parents really underestimate what their children can do," says Melinda Blau, author of numerous parenting books, the latest of which is *Family Whispering: The Baby Whisperer's Commonsense Strategies for Communicating and Connecting with the People you Love and Making Your Whole Family Stronger*.

Even though we may well remember mowing the lawn by age 9 and making meals by 11, today's time-pressed

parents tend to be more concerned with marshalling their kids through homework, lessons and activities.

But this not only creates an imbalance in the household responsibilities that fall to the grownups, it also robs our kids of the most important knowledge we can pass on.

"The one thing people don't do is tell kids how to run a household, and that's the one thing they're all going to have to do in their lives," says Blau, a Northampton, Mass.-based writer.

"It's the most important life skill. How do you do laundry? How does food get on the table? How does the floor stay clean?"

When all we ever ask of the kids is to do their homework and practise the piano, we end up making domestic duties kind of invisible to our kids — and establishing a precedent that it's the parents' job to take care of everything else. It's no wonder then that so many of them leave for university with little clue how to look after themselves.

Blau suggests we shift our

All of the jobs that are required in a household are things that kids can do to varying degrees if we let them try.

Melinda Blau, author of *Family Whispering*

focus away from the parent-child relationship and instead put an emphasis on the family as a whole, involving the kids in all aspects of family life. This creates an investment in the well-being of the family unit, she says.

Rather than presenting domestic responsibilities as chores, we should instead talk about roles.

The problem with chores is that we greet those with an "assignment mentality," says Blau. "It's far better that kids step into a role than parents assign chores."

"Every house needs a vacuumer, a cook, a sweeper, a pet feeder as well as a sous chef," says Blau.

She advocates discussing these roles at frequent family "check-ins" — a term she prefers to the more ominous

sounding "family meeting."

"You make them aware of all these things and that, since we're all part of the family, we're all going to do those jobs."

Then based on age and interest, the family decides together who will fill each role.

Let's say a child needs a reminder to take care of something that's become their duty — like feed the cat, for instance. "Instead of saying, 'Hey, you didn't do your chore,' you say, 'Puffy looks hungry.' You give them the chance not to be wrong."

"All of the jobs that are required in a household are things that kids can do to varying degrees if we let them try.

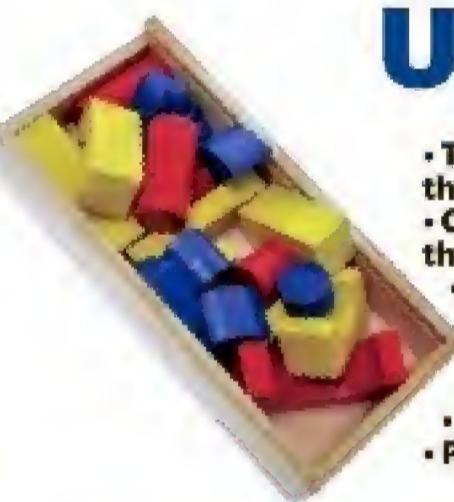
We wait until they're teenagers and then we're upset because they're lazy."

TORSTAR NEWS SERVICE

BY AGE WHAT CHORES YOUR KIDS COULD BE DOING TO HELP

Under 3

- Throw dirty clothes into the hamper
- Carry light bags in from the car
- Do simple cooking tasks like sprinkling or mixing pre-measured ingredients
- Clean small spills
- Pick up toys



3 to 5



- Sort dark and light wash
- Vacuum and dust furniture
- Set table and load dishwasher
- Spread butter on sandwiches
- Feed pets

5 to 7



- Use washer and dryer
- Fold and put away clothing
- Make own sandwich
- Peel vegetables
- Clean sink and bathtub

7 to 10



- Do own laundry
- Chop and slice food items
- Clean own bedroom thoroughly
- Wash patio
- Clean inside of car

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Sam Smith in February 2015, left, and at the Grammys in February 2016. GETTY IMAGES

Impact on sound of losing those pounds

MUSIC

Experts weigh in on what weight loss does to vocals

The writing on Sam Smith's wall, at least on his Facebook wall, says "What happened?"

Fans and followers of the 23-year-old Stay With Me singer have been posting their shocked reactions to his dramatic weight loss, which Smith told the Today show in September amounted to close to 50 pounds. His diet has only accelerated ahead of the Feb. 28 Oscars, where he is expected to perform his nominated Bond theme Writing's on the Wall.

Adele, as well, showed off a slimmer figure on last week's Grammy red carpet. In a cover story for March's Vogue, she says she's quit smoking, cut back on alcohol and reduced her sugar intake to prep for her upcoming tour.

But are pounds all that these big-voiced balladeers are losing? Could they also be losing their vocal fireworks in the bargain?

The classical world has long held that a commanding physical presence and force-of-nature vocals are linked, dating back to at least the 19th century. In those days, Richard Wagner's epic operas cast booming-voiced, large-

framed sopranos and tenors, inspiring the phrase "It ain't over till the fat lady sings."

But Marshall Pynkoski, founder of Toronto opera company Opera Atelier, says the size of the Viking had little to do with the force of her voice.

"In the 19th century, voluptuous women were very much in style," he says. "It's like people saying dancers have to be skinny. Well it's because we've gone through several generations of seeing ballerinas being thinner and thinner."

While weight doesn't make a singer, losing weight can knock the wind out of a vocalist, says John Peters, a Philadelphia-based vocal coach. When the all-important diaphragm descends in a larger singer, it pushes against the fat. Because the singer can feel that pressure, it makes it easier for them to judge how good their form is. Once they have become accustomed to this, they may have to relearn proper form after losing a significant amount of weight.

"If you are overweight there is as much fat pressing into your internal organs as there is pushing out of your body," says Peters, whose approach to vocal instruction specializes in physicality. "There is a dynamic that makes it a little bit easier and more obvious to push down and out, because you have something to push against (with your diaphragm)."

However, this applies specifically to classically trained singers, who routinely fill concert halls with their unamplified vocal projecting.

"In pop singers, I don't think it's going to make a difference, except for a positive one," says Dr. John Hands, a laryngologist and voice-care consultant for theatre companies including the Canadian Opera Company, Mirvish Productions and the Stratford Festival.

"They have 20 or 30 pounds that sit on their abdomen and they're going to walk around and carry it," Hands says. "Would I be happier not carrying that weight? I would."

Yet the myth that singing and size are linked still warbles on. During American Idol's auditions, Jennifer Lopez said singer Lindita Halimi, who had lost 150 pounds before her audition, "sings like a heavy girl."

"Voice power has everything to do with your skeletal structure, the structure within your head, your rib cage, your lung capacity," says Pynkoski. "But size does not equal vocal power. It's about being in great physical shape so that the muscles in your body are going to respond in such a way that they are going to support your vocal technique."

In other words, get ready for the impossible: Sam Smith sounding better than ever.

TORSTAR NEWS SERVICE



JOHANNA SCHNELLER
WHAT I'M WATCHING

When good bros go mad

THE SHOW: *Mad Dogs*, Season 1, Episode 4 (Shomi/Amazon)

THE MOMENT: *The Admission*

Four friends who've lost touch have reunited in Belize, at the luxe beachside villa of their mysterious friend Milo (Billy Zane). There's Joel, the bitter one (Ben Chaplin); Lex, the one in recovery (Michael Imperioli); Gus, the seemingly responsible one (Romany Malco); and Cobi, the screw-up (Steve Zahn). But this paradise is a sh—show: Milo is mixed up with drug lords and dirty cops. Now the four are holed up in the kitchen, facing death, while a long night passes.

"I didn't call your wife, she called me," Joel finally admits to Cobi. "I've known her longer than you have. She wanted to sit down and talk."

Cobi sneers. "Don't insult me, Joel," he says. "Guys don't sit down and talk. Guys avoid all forms of discussion — unless we think there's going to be a f— at the end of it. Then we're all ears."

Between this, Vinyl and Billions, there are a lot of shouty



Mad Dogs uses a violent, dramatic backdrop to explore friendship based on gendered clichés. CONTRIBUTED

dudes on TV all of a sudden, pounding their chests at one another.

Mad Dogs is the most amped up: a thumping score, marauding assassins, carved-up corpses. But the mayhem turns out to be just an extreme backdrop against which to explore male friendship.

The quartet share one thing: each feels like a loser. But not

until the blood hits the fan do any of them own up to that.

Mad Dogs takes the cliché about men — that they won't discuss their feelings unless you put a gun to their heads — and makes it literal.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



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Metro SPORTS

In an all-time through-the-looking-glass moment, the Don Mattingly-managed Miami Marlins will have a policy of no facial hair for 2016

WOMEN'S SOCCER

U.S. beats Canada in final of qualifier

Lindsey Horan and Tobin Heath scored in the second half and the United States defeated Canada 2-0 Sunday in the final match at the CONCACAF Olympic qualifying tournament.

Both teams had already claimed the region's two spots in the Rio Olympics this summer with semifinal victories. Alex Morgan scored three goals in a 5-0 U.S. victory Friday over Trinidad and Tobago, while Christine Sinclair scored twice in Canada's 3-1 win over Costa Rica.

The United States has won the past three gold medals and four overall since women's soccer became an Olympic sport in 1996. Canada, the bronze medallists



Becky Sauerbrunn, right, of the U.S. and Canada's Melissa Tancredi battle for the ball on Sunday. GETTY IMAGES

in the 2012 London Games, will be making its third straight trip to the Olympics.

THE ASSOCIATED PRESS

NASCAR

Hamlin wins by a hair in Daytona 500

Joe Gibbs wanted another ring and Denny Hamlin got it for him in the closest Daytona 500 finish in history.

Hamlin raced to his first Daytona 500 victory Sunday, the first for Toyota, and the first in 23 years for Joe Gibbs Racing.

The three-time Super Bowl winning coach made it clear during Speedweeks that he wanted another Daytona 500 victory, and his drivers were clear on the task at hand. All four JGR cars pulled

0.010

Hamlin's margin of victory over Truex.

the field in the closing laps with Matt Kenseth out front and leading Martin Truex Jr., a Toyota teammate.

Hamlin waited until one lap to go to pull out of line and hope to get a big enough shove to get to Kenseth.

Kenseth tried to block his teammate. Hamlin wedged his car between Kenseth and Truex, and raced Truex side-by-side to the checkered flag.

Kenseth faded to 14th.

THE ASSOCIATED PRESS

NBA IN BRIEF

Pelicans' Davis delivers night for ages in Detroit

Few players have ever had the feeling Anthony Davis did Sunday. The centre scored a franchise-record 59 points and pulled down 20 rebounds as the New Orleans Pelicans beat the Detroit Pistons 111-106.

"That was a lot of fun, because the rim looked so big that it felt like everything I shot was going to go in," Davis said. "I wasn't keeping track of my point total, but the guys were telling me at the timeouts. They wanted me to get 60."

THE ASSOCIATED PRESS

Raptors have a triumphant return home over Grizzlies

The Toronto Raptors marked their return home with a victory on Sunday.

DeMar DeRozan had 21 points, while Kyle Lowry added 18 to lead the Raptors over the Memphis Grizzlies 98-85 in their first game in Toronto in three weeks.

Cory Joseph scored 14 points, while Jonas Valanciunas added 10 points and a game-high 12 rebounds for Toronto (36-18).

Zach Randolph led Memphis (32-23) with 18 points. THE CANADIAN PRESS

Flames' Disneyland horrors continue

NHL

Calgary's losing streak in Anaheim now 22 games

When the Anaheim Ducks returned from their longest road trip of the season, they never even broke stride in their skate toward the top of the standings.

Ryan Kesler had two goals and an assist, John Gibson made 22 saves and the Ducks maintained their remarkable roll with their fifth consecutive victory, 5-2 over the Calgary Flames on Sunday night.

Captain Ryan Getzlaf extended his point streak to eight games with a third-period goal for the Ducks, who have won 12 of 14 to improve to 19-4-2 since Christmas.

In their first game back from a 5-1-1 road trip, Anaheim took charge early and put it away late with three consecutive goals in the third period.

"There's always usually a funk in the first game when you come back from a long road trip, but it didn't seem that way for us," said Kesler, who had his first three-point game of the season.

"We knew they were going to have a push in the third, and we shut the door."

Patrick Maroon and Kevin Bieksa also had power-play goals as Anaheim beat the Flames at



Ducks forward Ryan Kesler splits the defence of Flames Mikael Backlund, right, and Lance Bouma on Sunday. SEAN M. HAFFEY/GETTY IMAGES

SUNDAY In Anaheim

5

DUCKS

2

FLAMES

home for the 22nd consecutive time. The Ducks also trimmed Los Angeles' lead to two points atop the Pacific Division, adding another comfortable win to their post-holiday surge.

Captain Mark Giordano

scored his career-best 15th goal and Jonas Hiller stopped 28 shots for the Flames, who have lost four of five — including a 6-4 loss to the Ducks in Calgary six days ago.

Hiller, the longtime Anaheim goalie, yielded nine of the 11 goals in those two games.

Mikael Backlund added a last-minute goal for Calgary, which hasn't won a regular-season game at Honda Center since Jan. 19, 2004.

"It's no secret that we've

had a good lack of success in this building," Calgary forward Brandon Bollig said. "We had a good attitude about this game and came out with that mindset (to end the streak) and we had a good first period."

"We got in on the forecheck and created some turnovers, but we weren't able to take advantage a couple of them and put it in the net and change the game. And once they got a few, we weren't able to answer."

THE ASSOCIATED PRESS

Wild leave Blackhawks out in the cold



Matt Dumba, left, celebrates scoring a goal with Wild teammate Justin Fontaine on Sunday. HANNAH FOSLIEN/GETTY IMAGES

Jason Pominville and Erik Haula each had a goal and two assists, and the Minnesota Wild celebrated the first outdoor game in franchise history with a 6-1 victory on Sunday over the Chicago Blackhawks.

In front of a crowd of 50,426 at TCF Bank Stadium on the University of Minnesota campus with an ideal faceoff temperature of 1 C, the Wild turned the NHL's 17th edition of open-air hockey into a romp past their post-season nemesis and primary rival.

Nino Niederreiter and Ryan Carter each added a goal and

SUNDAY In Minneapolis

6

WILD

1

HAWKS

an assist, and Matt Dumba and Thomas Vanek also scored.

The Wild improved to 4-0 under interim coach John Tortorella and 3-0 this season against the Blackhawks, the team that has eliminated them from the playoffs in each of the past three years. THE ASSOCIATED PRESS

Dickey 'great' after knee surgery

BLUE JAYS

Knuckleballer ready for spring training with AL East champs

It was a sweetly innocent early spring scene that would never have been allowed at any other MLB training site. The Yankees or Red Sox, for instance, where security is tighter than Donald Trump's ideal for the Mexican border.

Three middle-aged fans had become lost, navigating bicycles into the bullpen next to the Blue Jays clubhouse at the main stadium. They pulled up to an open gate within metres of where pitcher R.A.

Dickey was playing catch with coaches Pete Walker and Dane Johnson.

"One woman said I should throw more sliders," Dickey smiled. "I told her I threw the knuckleball. It's Sunday, and I think we're light on security today, but it's good."

Dickey had just undergone his physical earlier in the day in preparation for the first official day of pitchers and catchers on Monday morning. The physical exam was different for the 42-year-old this year because of off-season meniscus surgery on his right knee that changed his routine. The surgery came soon after the Game 6 loss to the Royals.

"For me personally, my off-season was more about trying to get a little bit of a light-



R.A. Dickey
GETTY IMAGES

er weight and get my knee strong to be able to endure another 200-plus-inning season," Dickey said. "It was a real blessing because I had to focus on getting my body right in a way that I really hadn't had to do in a long time, because I've always been pretty healthy. Just watching what I eat and really working on some big muscle things around my injury has helped. I feel great."

The last time the Jays reported to camp as defending AL East champions it did not go particularly well. That was

1994, following a second consecutive World Series crown. The '94 Jays went 55-60, with the final 47 games and the post-season wiped out by a devastating owner-induced strike. There will be no strike this year, but making the post-season is never a given.

"We still came up short, but the first goal was to get to the playoffs since it had been so long," manager John Gibbons explained. "Every year we were basically staring at that. We thought we could get there, we hoped we could get there but we didn't. I think it gives everyone the feeling that if we play good baseball we can do this. We got over that hump, now it's 'Let's go one step further.'"

TORSTAR NEWS SERVICE



Jays' manager John Gibbons, seen here surveying the field, is optimistic about the season ahead. FRANK GUNN/THE CANADIAN PRESS

TOURNAMENT OF HEARTS

Calgary rink open Scotties strong

The host province was quick out of the gates at the Canadian women's curling championship.

Chelsea Carey's foursome out of Calgary went 3-0 on opening weekend at the Scotties Tournament of Hearts in Grande Prairie.

Early wins are insurance against the slings and arrows of an 11-game preliminary round, says the skip.

"You want to get as many wins as you can obviously," Carey said. "The sooner you get them the better. It only gets tougher as the week goes on typically."

Alberta downed B.C.'s Karla Thompson 8-5 and beat Stacie



**Chelsea
Carey**
THE
CANADIAN PRESS

Curtis of Newfoundland and Labrador 6-4 on Sunday.

The Glencoe Club's Carey, third Amy Nixon, second Joelynn Peterman and lead Laine Peters opened with a resounding 12-5 win over defending champion Jennifer Jones the previous day. THE CANADIAN PRESS

Go to metronews.ca for coverage of Sunday's late draws.

SOCcer in brief

Chelsea crushes Man City to earn quarter-finals spot

Chelsea reached the quarterfinals of the FA Cup with a 5-1 victory against an understrength Manchester City side on Sunday, while London rivals Crystal Palace and West Ham also advanced.

Palace defeated Tottenham 1-0, and West Ham came from behind to thrash second-tier Blackburn 5-1. At Stamford Bridge, City manager Manuel Pellegrini showed that the focus was on his side's Champions League last 16 first-leg match against Dynamo Kyiv on Wednesday — handing five players their debut. Defeat ended City's chance of an unlikely quadruple, while Chelsea head for a quarterfinal against Everton.

THE ASSOCIATED PRESS

Mixed day for Ronaldo as Madrid held by Malaga

Cristiano Ronaldo scored a goal but missed a penalty as Real Madrid was held 1-1 at Malaga on Sunday to fall nine points behind Spanish league leader Barcelona.

Second-place Atletico Madrid could only manage a 0-0 draw against Villarreal and is eight points behind Barcelona, which is now in a strong position to retain its league title. Ronaldo put the visitors in front with a header in the 33rd minute but his spot-kick minutes later was saved by Malaga goalkeeper Carlos Kameni. The hosts equalized through defender Raul Albirosa in the 66th.

Madrid needed a victory to keep pace with Barcelona, after the Catalan side won 2-1 at Las Palmas on Saturday.

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Ceri Marsh & Laura Keogh
For Metro Canada

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Ready in:
Prep time: 10 minutes
Total time: 40 minutes
Serves 4

Ingredients

- 2 Tbsp of olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1/2 inch of fresh ginger, minced
- 1 tsp chili
- 1/2 tsp cumin
- 1/2 tsp cinnamon
- 3 or 4 carrots, peeled and chopped (enough for about 3 cups)
- 3 cups low sodium vegetable or chicken stock

- Juice of half a lemon (about 2 or 3 Tbsp)
- Plain yogurt to garnish

Directions

1. Warm a glug or two of olive oil in a large pot or Dutch oven over medium heat.
2. Sauté onions, garlic and ginger for about 2 minutes. Stir in spices and cook for another minute or so. Add carrots and stir well until they are coated lightly in oil and spice. Add stock and increase the heat until it boils. Reduce and allow to simmer for about 20 minutes or until carrots are quite tender.
3. Purée in small batches until the soup is quite smooth. You may need to add a little water or stock to thin it if it's too thick. Stir in lemon juice. Taste and check seasoning.
4. Serve garnished with yogurt.

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BY KELLY ANN BUCHANAN

**ACROSS**

1. Feminine pronoun
4. _ Doble (Ballroom dance)
8. Beatles: " _ the Universe"
14. That guy
15. Carnivorous Cretaceous creature, curly
16. Russia: Called the 'Blue Eye of Siberia', it's the world's oldest/deepest lake
17. Sphere
18. Military officer/explorer/fur trader born in Trois-Rivières who explored beyond Lake Superior and into Western Canada, Pierre Gaultier de Varennes et de _ (b.1685 - d.1749)
20. Lima's land
22. Athapaskan-speaking people of the Northwest Territories
23. Quiet
24. Dancing _ _ (Delighted)
26. Born, in bridal bōs
28. Drench
29. Ipsos Reid conducts them: 2 wds.
33. Watery word with 'Wave'
34. Hat, slang-style
35. Rupture
39. Particulars
40. 'Cent' add-on (Man/horse creature)
41. English author A.A.
42. Concern
43. Offshoot
44. Overact in the play
45. " _ _ _ (You Know I Love You)" by Shania Twain
46. Electrical resistance unit
47. Actress Charlotte
48. Left-for-too-long
49. White wine of Italy
50. Climber's need
51. Rapscallions
52. Like products not tested on animals: 2 wds.
53. Counsel
54. Leaf-to-branch attachment
55. Attempt
56. Satiate
57. Ms. Peeples
58. Staggered
59. Leaf-to-branch attachment
60. Attempt
61. Do some needle-work
62. "You Turn Me On, I'm _ _" by Joni Mitchell
63. Ontario's Trent-Waterway
64. Buy stuff
65. Fill a position
66. Satisfy
67. Purple hue
68. Screen
69. Slays, slangily
70. Couple
71. Remain
72. Mr. Danson
73. Furniture wood

***IT'S ALL IN THE STARS** by Sally Brompton**Aries** March 21 - April 20

Your nerves may be on edge a little but don't worry too much because nothing bad is likely to happen. Try not to change your everyday routine, as minor alterations could confuse you in major ways.

Taurus April 21 - May 21

You need to decide where your affections belong. According to the planets, there's no middle ground. If you can't make a reasoned decision yourself the full moon will make it for you.

Gemini May 22 - June 21

You've been astonishingly ambitious but something will happen that makes you wonder if it's worth all the effort. No matter how disillusioned you may be you must not give up.

Cancer June 22 - July 23

Today's full moon will force you to do the opposite of what you were planning. There's no point making a big scene about it, just do what is expected of you, and do it well.

Leo July 24 - Aug. 23

You must either earn more or spend less — it's as simple as that. The full moon will point you in the right direction. You'll have cash in your pocket again soon.

Virgo Aug. 24 - Sept. 23

You will come to a new understanding with someone you have clashed with in the past. There may be some tension in your relationship but if you discuss your differences you can and you will overcome them.

Libra Sept. 24 - Oct. 23

The most important lessons don't have to be painful but they usually are. You can sense that something needs to be changed, and if you find out what it is and do what has to be done you can bypass the pain.

Scorpio Oct. 24 - Nov. 22

No one and nothing can stop you. But you can still stop yourself, simply by allowing your fears to get the better of you. Ignore the doubts the full moon is putting into your head.

Sagittarius Nov. 23 - Dec. 21

The planets warn you need to accept that in one area of your life you are out of your depth and must concede defeat. But it's no big deal. You will bounce back bigger and better.

Capricorn Dec. 22 - Jan. 20

You've got the charm you need to win friends and influence people, so reach out to those you would usually be afraid to approach because you think they're too good for you. They won't be above you for long.

Aquarius Jan. 21 - Feb. 19

Take the kind of drastic action you usually prefer to avoid. You must realize that, as far as your finances are concerned, nothing can be taken for granted any more.

Pisces Feb. 20 - March 20

What occurs next will bring into the open a conflict that has been simmering for quite some time. That's good. The more you try to deny that it exists the worse it will get.

CONCEPTIS SUDOKU by Dave Green

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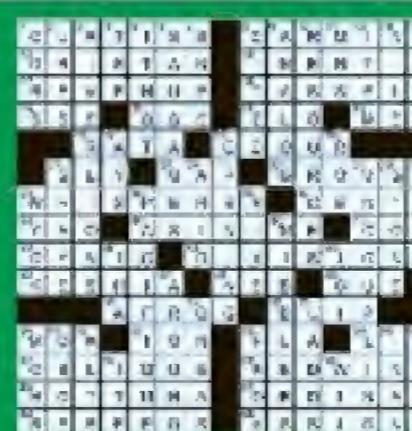
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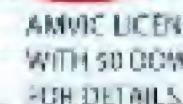
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Canadian residents who have reached the age of majority in their province or territory can enter the contest at www.HyundaiSuperSearch.com between February 13th, 2016 at 12:01am (ET) and April 4, 2016 at 11:59pm (PT). One entry per each Weekly Prize. One entry per Grand Prize. Four (4) Weekly Prizes of CAD\$2,500.00 each, and one (1) Grand Prize of CAD\$20,000.00. To be eligible for Grand Prize, contest participant must perform test drive of a new Hyundai vehicle at a Canadian Hyundai dealership and submit the correct answer to the final SuperSearch Clue. To be eligible for Weekly Prizes, contest participant must submit the correct answer for each respective Weekly SuperSearch Clue. Each Weekly Prize is exclusive of each other; answer submission for all Weekly Prizes is not required to be eligible to win any one (1) Weekly Prize. Chances of winning depend on the total number of eligible entries received. Eligible winners must correctly answer skill-testing question. Prize draws will be held at 16 Mary Street, Unit 4, Aurora, Ontario at approximately 2:00 PM (ET) on April 7, 2016. No purchase required. Complete rules available at www.HyundaiSuperSearch.com. ©2016 The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp.